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ISTOCK

Alberta gets F on school vows

AUDITOR GENERAL
Report slams 'false' promises under Tory rule

Alberta's auditor general says the former Progressive Conservative government's grand plan for 100 new schools was built on empty promises, administrative chaos, and almost no money.

Merwan Saher, in a report issued Tuesday, said Albertans during the era of former premiers Alison Redford and Jim Prentice were promised something that had little hope of succeeding.

"I believe the lessons for ministers are don't create false public expectations," Saher told reporters after filing his report to the legislature.

Saher was asked last fall by Rachel Notley's NDP government to investigate school construction under the previous two premiers after it announced there would be lengthy delays in 101 Tory-announced school projects.

In the decade prior to 2011 the province was building on average 18 schools a year, Saher said.

All changed under Redford's gov-

ernment when it promised 50 new schools in 2012, but also introduced organizational changes that sowed confusion between the Education and Infrastructure departments with no clear hierarchy of authority, the auditor general said.

"No one was responsible for overall results," Saher wrote.

Bureaucrats couldn't give ministers the correct information because no one had the full picture, he said.

As a result, "ministers made public commitments and announced completion dates without evidence those dates were reasonably attainable."

Redford resigned as premier in March 2014 in a scandal over lavish spending. She was replaced by Prentice whose government announced another 55 new schools.

But Saher said the funding for the schools was consistently unclear.

Saher has recommended changes to ensure tighter controls and clear accounting on school projects.

Education Minister David Eggen said his government is working to implement all the recommendations, and said the schools are getting built.

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#SoCanadian





Dreaming of a wireless LRT

TRANSIT

City to look at design options for Green Line



Helen Pike
Metro | Calgary

Calgary's transit system could look a lot prettier without all those pesky wires — and with the Green Line on its way, some city councillors are seeing opportunities to test out catenary-free trains.

In April, the city will begin to look at preliminary design options for LRT systems to install for the Green Line.

It's a lengthy process, and we're just at the beginning of it — but it presents many options for what the city's transit system could look like in the future.

"That will involve all of them, whether it's battery-powered trains, ones without overhead catenary, whatever," said Russell Davies, fleet manager for Calgary Transit.

He wouldn't name his preferred system but noted this is an opportunity to look at something different.

"There are advantages and disadvantages to all the systems, to be honest," Davies said.

"Familiarity with what we have is a benefit."

Coun. Shane Keating, chairman of the Transportation and Transit committee, said the city needs to be building for the future, and the future



Coun. Shane Keating says the future of transit is wireless and he would like to see the city go that route. JENNIFER FRIESEN/FOR METRO

“There are advantages and disadvantages to all the systems, to be honest.”

Russell Davies

is wireless.

"We have to move forward in some way, and I'd like to see no wires," said Keating. "I'm not sure if they'll go that route this time, but we certainly should investigate."

But adopting new technology has its limits. Keating said the city has to strike a balance and find something

reliable; stranding passengers with new technology wouldn't be ideal.

"The technology is out there to have those lines buried," said Coun. Andre Chabot.

His dream is a train that pulls into the station, charges up and goes.

"The lines are kind of visually not the best option."

To overhaul the whole LRT system would be too costly, but Chabot said he doesn't care if the Green Line, a standalone network, uses these upgraded technologies.

"It's 40 kilometres long — do you know how many trains we're going to need for that?" he said.

+ TRANSIT POWER SYSTEMS — PROS AND CONS

Overhead Catenary System

This is Calgary's current system.

The overhead wires act as a power supply and through the pantograph help power a motor to turn the train's wheels.

Pros: Tried and true. This method is cost effective and the most basic way to power LRT.

Cons: It requires more maintenance than a third-rail system.

Third-rail system

This system is similar to Calgary's current one but does away with the overhead wires and replaces them with a third rail to supply power to the train. This system is typically used on subways.

Pros: It looks nice.

Cons: It requires controls to ensure the correct parts of the third rail are electrified. It's more expensive to install and it's more difficult to manage road crossings.

Battery Power

This is a product just coming to the market and involves ultra-fast charging stations to give trains enough power to get between stops.

Pros: Easy to install, maintain and visually appealing.

Cons: Reliability and effectiveness aren't known yet.

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Dan DIYYC says this skatepark, nestled in Forest Heights, is an attraction for neighbourhood skateboarders who often come down to test out the rails. JENNIFER FRIESEN/ FOR METRO

Recognize DIY skatepark: Skater

CITY RECREATION

He says city could use site as a model for communities

Helen Pike
Metro | Calgary

Three years — that's how long an underserved neighbourhood in Calgary has enjoyed a skatepark close to home.

But that could change. This spot isn't city-sanctioned, and what was a piece of flat pavement now has permanent skateboarding obstacles on it. They could tear it down. And those who built it, if caught, could face fines and even jail time.

"We know that some skateboarding equipment was installed on a concrete pad in one of the parks, without the city's knowledge or endorsement," said John Merriman, community recreation co-ordinator. "We don't

Support

Gary Ursu, president of the Forest Heights Community Association, said he was approached about the spot years ago, but hasn't heard any outcry since. "As a community we're always open to stuff for the kids, and that kind of thing," Ursu said.

endorse do-it-yourself skateparks, but we're certainly willing to work with the Calgary Association of Skateboarding Enthusiasts and the community association."

Merriman said they have to go through community engagement to see if keeping the equipment intact is something the community wants.

For "Dan DIYYC" one of the people behind the skate heaven, there's more at play.

"It's a rough part of town, it's

the Forest Lawn area, it had a bad reputation," DIYYC said. "I'd like to have it become a pilot project."

He didn't want to use his real name, but hopes bringing attention to his handiwork will help the city see it doesn't take much to make a space for kids.

"The skatepark amenities strategy calls for skate-able terrain... A giant concrete slab is ultimately skate-able terrain," DIYYC said. "The city could actually build a slab like that in a low-income area that probably isn't going to get a \$200,000 skatepark."

Once the slabs are built he hoped to engage communities, especially kids, to help design their own skate spots.

"By doing that, those youngsters are already engaged in their community, they're giving back to their community, they're going to take pride in their community," DIYYC said.

Merriman said the city hasn't had any 311 calls to complain about the space. And DIYYC said parents often offer to chip in when they see him working on the equipment there.

POLITICS

'Unite the Right' group founder suing the right

Ryan Tumilty
Metro | Edmonton

The architect of a unite the right movement in Alberta is suing the Wildrose Party for \$27,300.

In late 2015, Barry McNamar, co-founder and president of the Alberta Prosperity Fund — which is raising money for conservative parties in Alberta for the next election — filed a claim against the Wildrose alleging the party failed to pay him for consulting services during a contract last year.

But in a statement of defence, the Wildrose denies owing McNamar anything and alleges he failed to raise funds for the party, inappropriately directed funds to an unnamed third-party organization and misrepresented commitments from potential donors.

McNamar downplayed the lawsuit.

"That is an issue of a client paying a bill and it will be resolved, I believe, amicably," he said.

Wildrose executive director Jeremy Nixon said the party



A lawsuit has been filed against Brian Jean's Wildrose Party. THE CANADIAN PRESS

wouldn't comment on a legal issue. None of the allegations in either the statement of claim or defence have been proven in court.

The Alberta Prosperity Fund is holding meetings across the province, aiming to raise funds for voter education and hoping to present voters with a single "common-sense" alternative in the next election.

McNamar said the right needs an organization that can challenge influence from unions and other groups.

The Prosperity group has attracted former staffers and candidates from both con-

servative parties, including former Wildrose and PC MLA Heather Forsyth and former Progressive Conservative Party President Jim McCormick.

New rules created by the Notley government prevent corporations from donating directly to candidates.

McNamar said the Prosperity group plans to use money raised to educate voters.

"We can access money that the parties can't to conduct polls, to conduct broad scale advertising campaigns through traditional and social media," he said.

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Robert Liddiard, left, teaches students Alaa Al Radi and Abraham Soloume Yosfam with the help of a picture dictionary. KENNETH APPLEBY/FOR METRO

Veteran teacher makes house calls

EDUCATION

More ESL help needed to help refugee families



Lucie Edwardson
Metro | Calgary

Robert Liddiard's philosophy for teaching English as a second language (ESL), is simple: If they're having fun, the language will follow.

Liddiard, who has nearly two decades of ESL teaching experience, is now using his skills to make house calls for a group of Syrian refugees. Metro sat in on one of their classes and Liddiard's philosophy was clear in all his lessons.

"I like to do vocal warm-ups and play acting to help

teach English," he said. "When they're really enjoying themselves the language comes much easier."

While Metro was visiting, the group of five adult students put on a small performance of the classic story Andrew's Loose Tooth by Robert Munsch. Using simple phrases and words the refugee students were able to tell, and in turn, understand the story.

"I'm happy with this," said Abraham Soloume Yosfam, one of the students, who was a teacher back in Syria.

Abraham, who began resettling in Canada in February, said the lessons have been very helpful for him and his friends. He said they're learning a lot from Liddiard.

"We understand more than we can say," he said.

Liddiard said although he likes the dynamics of teaching in a classroom, he decided to make the house calls for

newcomers in order to accommodate them with their small children while they're getting used to the city.

"If it makes them more comfortable and is easier for them, then it's no problem for me," he said.

The veteran ESL teacher said he learned about the need for teachers from Syrian Refugee Support Group (SRSG) co-founder Saima Jamal. He said he hopes others will step up to help teach ESL classes for newcomers.

"You don't need any training, you just need patience and the will to help," he said.

Liddiard said nearly all the materials he needs to run his classes are available at Calgary public libraries.

"When you tell them you're teaching an ESL class they bend over backwards to help you," he said.

For information about the SRSG visit yycsyr.ca.

MUSIC

String quartet to play Jimmy Hendrix for just one night

Jimmy Hendrix comes to the Calgary Philharmonic — with a little help from the Turtle Island Quartet.

As part of the Calgary Philharmonic's Phil Presents series, the Grammy Award-winning group stops by Arts Commons Jack Singer Concert Hall on April 15 to perform fuse, their classical quartet esthetic with contemporary American musical styles.

For their one-night-only per-

formance, the Turtle Island Quartet will be performing Hendrix classics, including Have You Ever Been, Little Wing and All Along the Watchtower.

The quartet have forayed into a number of genre-blending performances, including folk, bluegrass, swing, R&B, rock, hip hop and be-bop.

For more information, visit calgaryphil.com.

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The Turtle Island Quartet comes to Calgary to play Jimmy Hendrix — with a different type of strings.

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Tunnel used to hide loot

CRIME

Calgary man facing stolen property charges

Stephanie Joe
For Metro | Calgary

In the 36 years that District 6 Staff Sgt. David Sweeting has spent on the force, he's never seen the likes of a tunnel being used to store ill-gotten goods.

Sweeting said at a press conference Tuesday that he believes the accused has been working on the tunnel for a long time.

"The utility lines went through the tunnel, so he was doing it with hand tools of some type," said Sweeting. "He didn't damage the utility lines."

"Any time amateurs dig a tunnel it's dangerous. There's always the possibility of the tunnel collapsing while they're digging it. It's definitely not a safe thing to be doing."



District 6 Staff Sgt. David Sweeting said that the accused used the tunnel solely for the purpose of hiding his loot. CONTRIBUTED

On Saturday, March 19, police executed a search warrant in the 200 block of Queen Charlotte Way SE and discovered an entrance to a tunnel

underneath a portable shed. "Our tactical unit executed the search warrant and when they were standing in the shed they felt the floor was kind of

spongy," said Sweeting. "They removed the wood, lifted up a trap door and located the entrance (to the tunnel). A ladder was underneath the shed, it

+ THE DIRT

Disposal a mystery

Police are baffled as to what the accused did with the dirt. We're talking over six-feet in height, approximately three-feet wide and 30-feet long size tunnel.

went down approximately 8 feet and then extended about 30 feet in the backyard."

Calgary police found multiple stolen items, including sporting equipment, golf clubs, tools, bicycles, and several other items from different break ins. Sweeting said they are still looking to locate the owners of some of the merchandise.

"We recovered between \$50,000 to \$100,000 worth of merchandise," he said. "Some of the merchandise we know was sold on Kijiji."

The investigation is ongoing. Douglas Scott Pentland, 50, of Calgary is being charged with break and enter and possession of stolen property.

CRIME

Two face arson charges

Calgary police have charged two men for lighting their business on fire in September 2015.

At around 2:25 a.m. on Sept. 6, fire crews responded to reports of a fire at a business in the 6000 block of 6 Street SE.

Though crews fought the blaze to protect neighbouring buildings, the business in question was deemed unstable.

The Calgary Police Service (CPS) Arson Unit attended the scene, indicating the fire was suspicious after looking at evidence. Following an eight-month CPS investigation, two of the three business owners were charged with arson and insurance fraud.

Nicolas Gallipoli, 28, of Sundre, is charged with arson damage to property, arson damage to own property risking others and arson for a fraudulent purpose. Mario Gallipoli, 62, of Sundre, Nicolas' father, is charged with one count of fraud over \$5,000.

They will next appear in court on April 29.

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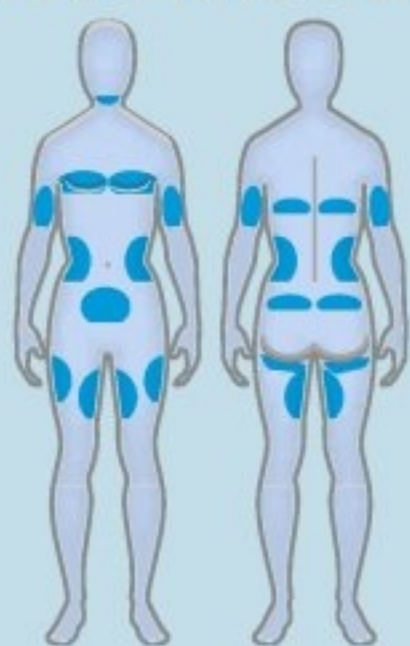
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TRANSPORTATION

Companies cut prices in response to rideshare rules



Helen Pike
Metro | Calgary

It's an unexpected twist, but a good one — for consumers.

After a week of adjusting and lowering rates, cab companies have settled on some discounts, some even able to boast the "cheapest rates in Calgary."

Sandy Jenkins of Voters for Taxis said he wasn't expecting any of it — especially since these are the same people who rallied to raise fares a few years ago.

"It's a change of tune from those guys," Jenkins said. "Obviously this has been spurred by Uber almost coming in.... I think the month they were here they (Uber) got a lot of business."

Calgary's updated livery by-law has set max fares but no minimum. What once was a regulated bill is now at \$3.80 for the first 120 metres and \$0.20 for the subsequent 120 metres at maximum.

"This has been done in other places, and people loved it there, too," Jenkins said. "It's fantastic for people that take cabs."

Before, fares were mandated by the city and had to be uniform. In 2014, rates rose 8.1 per cent, up from the initial \$3.50.

Companies have offered up several reasons for their jump in pricing, such as the tough economic times and low gas prices.

Those calculating a night out on the town can now count on a 15 to 20 per cent discount when hopping in a cab. And there's no telling how low they will go.

When Uber was here, the company boasted an average 30 per cent discount when compared to any local company. But it's a new Calgary now.

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Total reduction

15%



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IN BRIEF

Budget to include big boost for seniors housing

The Alberta government plans to invest more than \$500 million in new funding for seniors housing in Thursday's budget.

A source has told The Canadian Press that a small portion will be in grants, but the lion's share will be taken from \$4 billion in unallocated money from the capital fund.

Lori Sigurdson, the minister for seniors and housing, would not confirm the figure Tuesday, but said there will be "a significant investment."

THE CANADIAN PRESS

Call for universal early childhood education

Labour groups are lobbying Alberta's NDP government to set up universal early childhood education and child care.

The Alberta Federation of Labour says there are not enough child-care spaces in the province and fees are too high for many families.

The federation says studies show children with access to such a program would do better in school, live healthier lives and would be at a lower risk of trouble with the law.

THE CANADIAN PRESS

Transit peace officer pepper-sprayed

Calgary police said a transit peace officer was pepper-sprayed while trying to arrest a woman at the Westbrook LRT station Tuesday morning.

At approximately 10:25 a.m. police received a call — an officer was in trouble.

While on the phone, peace officers regained control and held the woman down on the platform.

According to police a man and woman are now in custody. METRO



Dorothy Badry believes in research that expresses human voice, choosing a quilt to present her research findings. STEPHANIE JOE/FOR METRO

Quilt illustrates women's resiliency

MENTORSHIP

Program aims to help those in unhealthy relationships

Stephanie Joe
For Metro | Calgary

Instead of using a poster to present their research, about 30 women helped in the making of a quilt to showcase their mentorship program.

The Alberta Parent Child As-

sistance Program (PCAP) is a mentorship program that aims to help women in unhealthy relationships or who have substance use issues to foster healthy pregnancies and families.

Kristin Bonot, co-ordinator of PCAP, said the women in the program often go through a lot of tests and assessments, and are always answering questions in interview-style processes.

"The PCAP quilt is a way for them to express themselves in a different media," she said. "The way somebody depicts something visually can tell you a lot more than a sentence."

According to Bonot, each woman created her own square, and master quilters put together the quilt. Contrary to initial belief that the women would show pain and vulnerability through these squares, instead they showed their pride in being a mother, she said.

"It was an inspiring experience to be a part of the workshops, and I think that the quilt came together because of the women who participated in it," said Bonot.

Dorothy Badry, the lead researcher from the University of Calgary in the faculty of social work, worked closely with PCAP

to build the quilt and conduct the research behind the project.

"I believe in community-based research and research that expresses human voice and human experience," said Badry. "We looked for themes that were emerging from the quilt and one theme that emerged from the quilt was the importance of children and having the opportunity to mother children."

"To me the quilt represents a labour of love and it reflects the capacity of women to be resilient to face their challenges."

They are writing a chapter book on the project and the quilt will be presented at conferences.

WILDROSE

Limit spending, Jean urges

The NDP government's plan to get Alberta out of the low-oil debt spiral is only going to make things worse, Wildrose Leader Brian Jean said Tuesday in a televised, provincewide address.

Jean said the province can't spend and borrow its way out of the current fiscal crisis.

"Interest payments will soon be the largest expense in government after health, education and social services," said Jean in the short speech, which served as a rebuttal to last week's kitchen-table TV address by Premier Rachel Notley.

"Credit rating agencies are taking notice. Large deficits have become the norm over the last decade and it's just not sustainable."

Jean's comments come just days before Finance Minister Joe Ceci unveils the 2016-17 budget.

Ceci has already said it will contain a \$10-billion deficit, and government spending has the province on track to rack up \$50 billion in debt by the end of the decade.

Jean said there are solutions available, such as reducing the small business tax and halting the government's looming carbon tax.

He suggested the government should take a page from the book of former premier Ralph Klein, who reigned in spending when low oil prices hammered the province's economy in the early 1990s.

"We need from the government a firm timeline to get back to balanced budgets," said the Opposition leader.

"We need to actually hold the line on spending and look for ways to find just a few pennies of savings for every dollar spent. We can get back to balanced budgets without any cuts to the nurses and teachers that Albertans rely on."

THE CANADIAN PRESS



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Looking for a unique career that combines your resourcefulness with your technical expertise? The Broadcast Systems Technology program at SAIT Polytechnic is the perfect answer as it focuses on the technical aspects of the broadcast industry, and qualifies graduates for well-paying jobs that are in high-demand. Get trained on emerging digital systems so you can start a career you will love in the exciting world of audio and video technologies!

Join us on Wednesday, April 13 at 7:00 pm in Room E114 in the John Ware Building.

Call 403.284.8081 or Email bxst.info@sait.ca to confirm your attendance or for more information.

GEOSCIENCE INFORMATION TECHNOLOGY

Are you interested in an oil and gas career that combines geology and geophysics and computer science? If so, then the Geoscience Information Technology diploma program will provide you with the computer skills geared towards the energy sector and numerous other industries.

Join us on Wednesday, April 13 at 7:00 pm in Room MD217 in the Stan Grad Centre.

Call 403.210.5753 or Email expt.info@sait.ca to confirm your attendance or for more information.

JOURNALISM AND PHOTOJOURNALISM

Interested in a career that combines your creativity with your resourcefulness? The Journalism and photojournalism programs at SAIT are the perfect solution as they focus on communications, News writing, and photojournalism. Get trained at SAIT, and start a career that you will love.

Join us on Wednesday, April 13 at 7:00 pm in Room NH101 in the Senator Burns Building.

Call 403.284.8849 or Email ja.info@sait.ca to confirm your attendance or for more information.

LIBRARY INFORMATION TECHNOLOGY

Information management is a growing high-tech career path. The Library Information Technology program at SAIT is the perfect solution as it focuses on database searching, how to access information and helping people find information. Get trained at SAIT in a career that combines your high-level organization skills with technology.

Join us on Wednesday, April 13 at 7:00 pm in Room NH105 in the Senator Burns Building.

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PETROLEUM ENGINEERING TECHNOLOGY

In the Petroleum Engineering Technology program you'll be trained in all areas of the upstream petroleum industry from exploration, field operations, drilling, computer applications, economic analysis and reserves determination. From the office to the field, Petroleum Engineering Technologists are responsible for many of the technical activities involved in the production of oil and gas from conventional reserves, as well as from heavy oil and oil sands.

Join us on Wednesday, April 13 at 7:00 pm in Room KA306 in the Johnson-Cobbe Energy Centre.

Call 403.284.8451 or Email: energy.mse@sait.ca to confirm your attendance or for more information

CHEMICAL LABORATORY TECHNOLOGY

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Join us on Wednesday, April 13 at 7:00 pm in Room KA338 in the Johnson-Cobbe Energy Centre.

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COURTS

Crown grills father of deceased toddler

A father who used naturopathic remedies to treat his toddler son before he died from bacterial meningitis four years ago was grilled by the Crown at his trial Tuesday.

David Stephan, 32, and his wife, Collet, 35, are charged with failing to provide the necessities of life for their nearly 19-month-old son, Ezekiel, in March 2012.

The jury has already heard that the boy had been sick for

about two-and-a-half weeks, and his parents gave him natural remedies and homemade smoothies containing hot pepper, ginger root, horseradish and onion.

He eventually stopped breathing and was rushed to hospital in Calgary, where he later died.

Crown prosecutor Clayton Giles suggested Tuesday that Ezekiel had never fully recovered from what his parents thought was croup, de-

spite the natural remedies he had received.

"Would I agree that really at no point in there was he 100 per cent well? Yeah," Stephan agreed.

He said the natural supplements normally would at least limit the severity of any illness.

"Typically that would be correct. It wouldn't be like a full cold or a full flu," Stephan said.

"When he got sick this

time he actually got the symptoms of the croup, and he had the full symptoms of cold, flu, so it would have been like a normal sickness. The daily regimen is just about an overall sense of well-being. It's not sickness prevention."

The Crown contends the couple didn't do enough to ensure the toddler had proper access to medical care before he became seriously ill.

THE CANADIAN PRESS

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Queen of drag shows

ENTERTAINMENT

The cook at Gallagher's moonlights as 'Daisy Devine'



Aaron Chatha
Metro | Calgary

The ladies at Gallagher's Pub sure know how to drag out a show.

Owner Dieter Norgaard said attendance has been steadily rising since they starting their monthly drag queen show in January.

"It's hilarious," he said. "People have so much fun with it."

The show is the brainchild of Chad Bennett — Gallagher's cook by day, and southern belle by night.

Bennett hosts the show in his drag alter-ego Daisy Devine, a bubbly lass from the south who sings gospel and Celine Dion.

Bennett has been doing drag for seven years, and he said it's an empowering experience.

"I tell people, it's not for everybody," he said. "You have to be prepared for people who shoo you off, and who love you."

Norgaard said the show is done very tastefully, being

that it's a neighbourhood pub, but acknowledged that it is in a "redneck kind of area."

It's rare, but they do get the occasional heckler.

"There are some people out there who think it's wrong, but that's when you make a joke," said Bennett. "Usually by the end of it, they're shaking my hand."

The monthly show features a number of performing acts, singing, dancing and more. Between each, Bennett, as Daisy Devine, interacts with the audience. They usually go up in three sets, each an hour long.

Bennett hopes that by next year, he can expand the steadily growing event to more of a dinner-theatre type experience.

The next drag show at Gallagher's Pub is April 30, starting at 8 p.m.

There will be a pre-show to kick off the event, where patrons can take pictures with the queens. Proceeds from this month's show will go towards the Canadian Cancer Society.

It's hilarious ... people have so much fun with it.

Dieter Norgaard
Owner, Gallagher's Pub

+ SEE THE SHOW

Gallagher's Pub's next drag extravaganza is on April 30 at 8 p.m.



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Students booing lack of booze

UNIVERSITY OF CALGARY

Taps will turn off at campus pub for spring celebration



Helen Pike
Metro | Calgary

University of Calgary students are booing the administration again — this time over booze.

A day before the event was set, the students' union found out their decision to open up the Den and serve liquor for Bermuda Shorts Day wasn't going to fly with U of C administration.

Every year, the school hosts a mega-party for the last day of classes. People line up for hours just to get a bracelet to participate, the SU hires extra security and beer gardens are set up in the quad.

In a complex and sometimes feisty relationship, the university, which holds the school's liquor licence, had the upper hand. They said the SU didn't give them adequate time or no-



Levi Nilson, Students' Union president, said the university is setting a bad precedent by revoking the Den's liquor licence. School office say they didn't get enough notice the students wanted the pub open for the end-of-term party. KENNETH APPLEBY/FOR METRO

tice to open the watering hole.

But Levi Nilson, SU president, said he's worried about the precedent the school's actions may be setting. The Den is its business, and regularly serves alcohol on the premises, but hasn't been open for Bermuda Shorts Day since 2010.

“We wanted to ... give people an alternative to the beer gardens.”

Levi Nilson

“We wanted to contribute a fun atmosphere and give people an alternative venue to the beer gardens themselves,” Nilson said. He added the Den recently was renovated and has become a chill hangout spot on campus.

“I'm under no obligation to seek their permission to keep

the Den open ... I never thought they would go to the extreme of pulling the licence.”

Brian Sembo, chief of campus security, said it was too bad they didn't have more notice about the SU's plans.

“Every year we meet with the Students' Union and we lay out

a plan for our security preparations. The priority for me is the safety and security of all our students,” Sembo said, adding he was surprised to hear the SU planned on opening the Den. “That caught us all by surprise. It's a pretty big drinking establishment ... we have no problem with them opening the Den, per se, we just don't want a second large venue that's going to be serving alcohol.”

Sembo said operations at the Den can resume normally after the event is finished. He added the school is comfortable working with the SU on getting the bar opened next year.

According to the SU, the school told them having the Den open would cause unplanned migratory patterns — something they don't buy.

“This kind of heavy handedness is something we've come to expect,” said Nilson.

He added the Den, or iterations of it, had always been open for the event before 2010, when the SU opted to close it.

“We pay for all the security on campus during the day,” said Nilson. “We would be able to handle security within the Den and outside it as well.”

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
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'Jazz giants' challenge city

ENTERTAINMENT

N.Y.C. musical masters pass knowledge to local students



Aaron Chatha
Metro | Calgary

Music is like a toolbox.

For Grade 12 student Anna Svikhnushin, playing classical piano was akin to opening that toolbox, unfurling a blue print and creating a melody as intended by the instructions.

"Jazz is more, you're given the toolbox, then free to make what you want," said Svikhnushin, giddy for her upcoming workshop with the New York City's famed Vanguard Jazz Orchestra.

"These jazz giants that are coming — it's an air of awe-struck attitudes, to get inspired and think that one day we might be like them," she said.

In addition to a public performance, the orchestra will help teach local high-school jazz ensembles.

"We like to discuss how we interpret the music," said orchestra artistic director Dick Oatts. "Making young people



It's not spoon fed to you.

Dick Oatts

aware this music is out there, and it's kind of an important thing to grow from."

Oatts said jazz music is an art form that challenges the player and the audience. It's a

different experience than going to the movies.

"It's not spoon fed to you," he said. "Like any great artists, we're not there to shock and awe you. You have to come in and try to understand the beauty of the music. It's challenging but it's a good challenge."

The band performs at Arts Commons on April 14. For more information, visit artscommons.ca.

PUBLIC SAFETY

Okotoks airstrip gives up licence

An airstrip in Okotoks is shutting down after voluntarily surrendering its licence so that it can address safety deficiencies.

The Okotoks Air Ranch Airport will close next Monday because the area around it has been built up over the years and it now requires higher certification.

Airport officials say unauthorized breaches to the landing area, increased regulatory compliance and seasonal elevated levels of wildlife activities on and around the airport have led management to determine that the current safety risks are excessive.

The closure is leaving some pilots with just a few days to find a new place for their planes.

They must have their planes out of the airport before April 18 at 6 p.m., as Transport Canada says no takeoffs or arrivals can occur after that time.

THE CANADIAN PRESS

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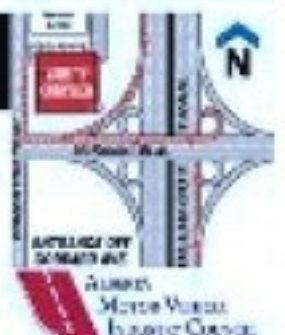
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THE LEXUS 3 DAY EVENT APRIL 14 TO 16 ONLY

Liknes family home demolished

POLICE

Community divided over destruction of residence

Kenneth Appleby
For Metro | Calgary

Neighbours have mixed feelings about the removal of the Parkhill home where Alvin and Kathy Liknes and grandson Nathan O'Brien went missing two years ago.

"It's time to turn the page," said John Hall a resident of 38A Street SW.

Hall's lived there since 2006 and thinks it's good to see the house go, and will give the community a chance to move on.

"We're sad about what happened over there, but it's time to move on," he said.

The Liknes and their grandson went missing from the house on June 30, 2014.

Since then, CPS has called the case a triple homicide and charged Douglas Garland, who will be in court January 2017 to face the murder charges.

Some residents like Trish Redditt are sad to see the

house go.

"It's a sin," said Redditt who lives down the street from the construction site.

She said the house was beautiful, and understands it will be hard to resell the house, but thinks the community's thoughts on the matter are mixed.

"Some people are probably glad to see it go, others will be like why did you do that?" she said.



The Parkhill home where Alvin and Kathy Liknes lived has been demolished. KENNETH APPLEBY/FOR METRO

OPHTHALMOLOGY

VR simulator an eye-opening sight

These pupils aren't eyeballing when it comes to practicing cataract procedures.

Since December, local medical residents have been using the virtual reality device — called Eysi — to practice their surgery skills without the need for pig or cadaver eyeballs.

Residents will still use some real eyeballs when practising — but not as much as before — which mean lower costs, according to Dr. Chris Hanson, residency program director for ophthalmology at the University of Calgary Cumming School of Medicine.

"It's good," Hanson said. "The pig and human eyes we get are beneficial, but they're only good for about two days, and they're difficult to use at times and they cost a lot of money. So, this simulator cost a lot up front but, in the long run, will save us on the wet lab costs."

Dr. Vikram Lekhi, who's in his final year or residency training, has practiced on both real eyes and with the machine.

"I think it's great," he said. "With advanced technology, we're able to really mimic what that first experience is going to be like. So, being able to go through a surgery with a simu-



From pig eyeballs to simulator, Dr. Vikram Lekhi thinks the new simulator will give residents an advantage.

JEREMY SIMES/FOR METRO

lator has a huge advantage."

Eysi consists of a life-sized fake eyeball within a mannequin head. The eyeball has six openings for surgeons to insert their tools, which are controlled by a microscope. The interior of the eye is then projected on a screen.

The \$150,000 device was purchased through funds donated by the University Eye foundation, a charity that aims to improve eye care for Albertans.

The Eye foundation will host a gala — called the Eye Ball — on April 23 to raise more funds for new surgical and training equipment.

JEREMY SIMES/FOR METRO

ENTERTAINMENT

X-Men star to appear at Calgary Comic Expo

The Calgary Comic Expo just cranked up the heat — Famke Janssen, best known for playing Jean Grey in the X-Men



Famke Janssen SUBMITTED

films, has been announced as a guest for the annual convention.

The Netherlands actress has also been seen in the Taken trilogy, and Hemlock Grove, which recently released its third and final season.

Bond fans will also recognize her as the villain Xenia Onatopp from GoldenEye.

Janssen will be signing autographs and meeting fans on the Saturday and Sunday of the Calgary Comic Expo, which runs April 28 to May 1. METRO

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THE LEXUS 3 DAY EVENT APRIL 14 TO 16 ONLY

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Canada metro NEWS

War on weight discrimination

BODY POSITIVITY

Activist pitches changes to Ontario Human Rights code



Jessica Smith Cross
Metro | Toronto

An activist wants to make it illegal to discriminate against someone based on their size, shape or weight.

Jill Andrew, co-founder of the Body Confidence Canada Awards, is meeting Wednesday with the province's human rights commissioner to discuss possible changes to the Ontario Human Rights Code.

Weight deserves the same attention as other basis for discrimination that are protected by the code today, including age, sex, disability,



Body image advocate Jill Andrew, third from left, is working to have a person's size, shape and

ity, ethnic origin and sexual orientation, Andrew said.

"All of the same social and cultural stereotypes that are

wrongly linked to being fat — being lazy or being unintelligent or lacking energy — have fed into employers who discriminate against people who are looking for work or to be promoted," she said.

If the proposal is adopted, it would be illegal to discriminate against a person

— to fire them or refuse to rent an apartment to them, for example — because of their weight.

Andrew got the opportunity to make her case to when she spoke alongside Rena Mandhane, who heads Ontario's Human Rights Commission, at a recent event for women

in politics in Toronto.

"She was very eager to have the conversation," said Andrew. "I'm hoping she hears my arguments and sees some merits in them."

Daniel Chodos, an employment lawyer based in Toronto, said there's long been concern about how body size issues are handled in human rights cases.

While a person's weight isn't listed in the Ontario Human Rights Code today, it can be considered in cases where it's linked to a medical disability, such as diabetes, Chodos said.

"All of this would be a lot easier if it were its own category and the question is, should it be?" he said. "I would lean towards it should be."

Chodos said using language like "size and shape" might be too broad and could lead to discrimination cases that are trivial in nature. But, he sees value in Andrew's efforts and hopes she's successful.

"Somebody's weight and the psychological effects it has on society and the way that they're viewed is something that requires some sort of protection," he said.

VISA DISPUTE

CETA trade deal at stake

Canada and the European Union traded barbs Tuesday in their long-running visa dispute, escalating their brinkmanship as a key deadline in the impasse came and went without a resolution.

Europe's top envoy to Canada said there's no guarantee the mammoth Canada-EU free trade deal would win approval in the European Parliament if Canada keeps visa restrictions on Bulgarian and Romanian travellers.

A spokesman for Immigration Minister John McCallum shot back with a warning that if the EU imposes a retaliatory visa on Canada it might hurt EU tourism, as well as economic and political relations.

Marie-Anne Coninx, the European Union's ambassador to Canada, linked the free-trade deal, known as CETA, with the unresolved visa dispute.

If the visa issue isn't resolved when CETA comes before the European Parliament for a vote, expected by year's end, Coninx said Bulgaria and Romania would vote against it. THE CANADIAN PRESS

"All of this would be a lot easier if it were its own category and the question is, should it be?"

Daniel Chodos

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The remote northern Ontario First Nation of Attawapiskat declared a state of emergency this week.
THE CANADIAN PRESS FILE

Police break up youth suicide pact

MENTAL HEALTH

First Nations community sees rash of attempts by young people

A suicide pact by 13 young aboriginal people, including a nine-year-old, has been thwarted on a remote First Nation in northern Ontario where local leaders say they're so overwhelmed by the suicide crisis that extra police officers have been called in from nearby communities.

Anna Betty Achneepineskum of the Nishnawbe Aski Nation said the youths were overheard making a pact to kill themselves on Monday and police brought them to the local hospital in Attawapiskat for an evaluation.

But the hospital was already

treating other patients who had attempted suicide in recent days and couldn't see all of the new arrivals, Achneepineskum said, so about half of them temporarily waited in jail for treatment, the only other place where officials felt their safety could be secured.

"There are so many things that are needed here," she said in an interview. "So many things."

Achneepineskum said the entire community of about 2,000 in the James Bay region is so overburdened by the rash of suicide attempts that three of the reserve's four health-care workers were sent to Thunder Bay for counselling and rest as reinforcements came in to help.

Health Canada said Tuesday that roughly 18 additional people — including a crisis co-ordinator, two youth support workers and a psycholo-

gist — had been deployed as temporary crisis relief since a state of emergency was declared in Attawapiskat.

But Keith Conn, an assistant deputy minister for the department's First Nations and Inuit health branch, stressed "more aggressive" efforts must be made to meet the community's mental health needs in the long term.

The emotional distress of the teens and the dearth of resources in place to help them is a direct result of more than a century's worth of fraught relations between First Nations communities and the federal government, one leader said.

Ontario Regional Chief Isadore Day said the pervasive ills plaguing aboriginal Canadians can be traced back to the Indian Act of 1876, which is marking its 140th anniversary.

THE CANADIAN PRESS

AFGHANISTAN

Inquiry concludes soldiers were not told to ignore any abuses

Canada's military has changed how it trains soldiers for overseas deployments, with more focus on ethical issues, cultural differences and addressing human rights violations — all resulting from the fallout of its mishandling of child abuse reports in Afghanistan.

The defence department on Tuesday released the results of a long-awaited investigation examining the response of the Canadian military to reports of sexual abuse of boys by Afghan soldiers and interpreters.

The board of inquiry report — almost eight years in the making — concludes that at no time did commanders order troops to turn a blind eye to suspected abuse.

But it does note that the military could have acted on the abuse of minors in 2006 but didn't because of breakdowns in communications between soldiers in the field and commanders.

Instead, the military took action only after a soldier said in 2008 that he had witnessed

abuse. Other stories said soldiers had been told by commanders to ignore incidents of sexual abuse.

Gen. Jonathan Vance, the chief of defence staff, said he's confident that soldiers would take action today if confronted with allegations or evidence of abuse.


"A soldier would be able to take a pro-active role, whether that is reporting or whether it's an actual intervention," Vance told Torstar on Tuesday.

TORSTAR NEWS SERVICE



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Turtle smuggler gets 5 years

CRIME

Canadian man tells judge he sold creatures for school fees

A Canadian man who repeatedly entered Michigan to buy and ship thousands of turtles to his native China only to be caught with 51 of them strapped to his legs was sentenced Tuesday to nearly five years in federal prison for smuggling.

It was a tough punishment for Kai Xu, who has been locked up for 19 months since his arrest and had hoped to be released. The 27-year-old expressed remorse to a judge and thanked agents "for stopping the darkness of my greed and ignorance."

Ahead of the hearing, Xu wrote a letter to U.S. District Judge John Corbett O'Meara, saying he sold turtles partly to make money for college. He said he was a semester short of an engineering degree.

The government said Xu shipped turtles to China from



One of the smuggled turtles. U.S. ATTORNEY'S OFFICE VIA THE ASSOCIATED PRESS

Canada and the U.S., or hired people to fly with turtles in their luggage to China, where they are coveted as pets. He was apprehended with 51 of them on his legs at the Ontario border in 2014.

It's not illegal to buy turtles from breeders in the U.S., but

"We don't have a whole lot of cases exactly like this."

Judge John Corbett O'Meara

Xu's crime was shipping them overseas without a federal permit.

Xu was not a "sophisticated international dealer," defence attorney Matthew Borgula told the judge, adding that hiding turtles under his pants was "not a good way to get them across

the border."

Assistant U.S. Attorney Sara Woodward said Xu's remorse was genuine, but described his smuggling scheme as one of the largest in recent years.

Woodward asked for five years in prison, near the low end of the sentencing guidelines. O'Meara could have gone lower than the guidelines, but settled on 57 months without an explanation, though he praised Xu for becoming fluent in Spanish while in prison and helping Hispanic inmates.

"We don't have a whole lot of cases exactly like this every day," O'Meara said of turtle smuggling.

The guidelines were enhanced by the value of the reptiles as estimated by the government. Prosecutors said shipments intercepted at airports were worth more than \$1 million.

Borgula objected to the government's conclusion and asked that O'Meara hear testimony. The judge declined, saying he was pressed for time. An appeal is planned.

"The sentence is very severe," Borgula said. THE ASSOCIATED PRESS

IN BRIEF

Arms cache found after blast at El Salvador home

An explosion at a home in El Salvador has led authorities to seize a cache of arms and munitions believed to be destined for the black market. Police and prosecutors' agents searched the home Monday night in Santa Tecla. Prosecutors said Tuesday that authorities discovered armaments including a military-grade M-60 machine-gun with the serial number erased, two rifles and 143 boxes of ammunition.

THE ASSOCIATED PRESS

Boko Haram using more child bombers: UNICEF

The number of child bombers used by the Islamic extremists of Boko Haram has increased from four to 44 in a year, UNICEF said Tuesday. Seventy-five per cent of the children used are girls, a new report said, emphasizing that these children, many believed captives, are "victims, not perpetrators."

THE ASSOCIATED PRESS

U.S. ARMY

Sikh soldiers can keep beard, turban

The U.S. Army has ruled that three Sikh enlistees will be allowed to serve while keeping their distinctive beards and turbans.

The three Sikhs filed a lawsuit seeking to end a military policy that generally bans beards. The Sikh religion requires men to grow beards as an article of their faith.

On Friday, the army granted exceptions to the three enlistees, Kanwar Singh, Harpal Singh and Arjan Singh Ghotra. They will now be allowed to wear beards and turbans when they begin basic training next month.

A fourth soldier, Capt. Simratpal Singh, won a separate administrative exception earlier this month.

The Sikh Coalition had sued on the soldiers' behalf. The coalition said it will still pursue its lawsuit in hopes of winning a permanent policy change for all Sikhs.

While there is a process for service members to seek an exception on a case-by-case basis, it is onerous, said Harsimran Kaur, legal director for the Sikh Coalition.

Kaur said she is aware of only eight Sikhs who have been

granted exemptions, including the four who just recently received them.

Ben Sakrisson, a Pentagon spokesman, said requests for religious accommodations "are assessed on a case-by-case basis."

THE ASSOCIATED PRESS



Army Capt. Simratpal Singh. When Singh entered the U.S. Military Academy at West Point back in 2006, he did something he thought he would never have to: shave his beard. JOVELLE TAMAYO/SIKH COALITION VIA THE ASSOCIATED PRESS

SECRETARY-GENERAL

UN set to pick new chief

The United Nations took a historic step Tuesday to open up the usually secret process of selecting the next secretary-general, giving all countries the chance to question candidates on such issues as how they would resist pressure from powerful nations, tackle sex abuse by UN peacekeepers, and improve efforts to achieve peace.

Montenegro's Foreign Minister Igor Luksic was the first of eight candidates to face members of the UN General Assembly, citing his small Balkan nation's multiethnic and multicultural diversity as well as his experience as a former prime minister and defence minister in seeking the UN's top diplomatic post. UNESCO Director-General Irina Bokova and former UN refugee chief Antonio Guterres followed.

Under the UN Charter, the secretary-general is chosen by the 193-member General Assembly on the recommendation of the 15-member Security Council.

Ban Ki-moon's second five-year term ends on Dec. 31.

THE ASSOCIATED PRESS



MACEDONIA PRESIDENTIAL PARDON FOR POLITICIANS SPARKS MASS PROTEST Several hundred Macedonians protested late Tuesday outside the offices of the ruling VMRO-DPMNE party and in front of President Gjorge Ivanov's office in downtown Skopje, throwing eggs and demanding his resignation. Ivanov is granting a presidential pardon, terminating all criminal proceedings against politicians from both the ruling parties and the opposition. The crisis was sparked by allegations that the governing conservatives wiretapped 20,000 people, including police, judges, journalists and diplomats. BORIS GRDANOSKI/THE ASSOCIATED PRESS

ENTERTAINMENT

Russian cartoon bear a big hit

A proverbial Russian bear has long alarmed Westerners as the symbol of Moscow's might and purported ferocity. But the Russian who has taken the world by storm is a sweet goof who hasn't fired a single shot.

Masha and the Bear, a Russian animated television series launched in 2009, now broadcasts in more than 120 countries including the United States. Its YouTube channel is in the top 10 most-viewed worldwide.

The cartoon centres on the mischievous girl Masha and the towering Bear, a retired circus performer who falls victim to the green-eyed sprite's pranks.

Their real home is a former Soviet kindergarten in Moscow's northern outskirts. There, more than 70 animators each produce two to four seconds of screen time a day. It's slow work due to the highly detailed images, unusual for television series.

The cartoon has roots in the Soviet animated film industry, which had unusual freedom. Officials regarded cartoons as fairly insignificant and did not apply smothering censorship. Despite the industry's creativity, its cartoons remained unknown outside the Russian-speaking world until Masha and the Bear broke through. THE ASSOCIATED PRESS



A notebook featuring Masha and the Bear THE ASSOCIATED PRESS

Authorities raid offices of Mossack Fonseca

PANAMA PAPERS

Prosecutors looking for information linked to leak

Organized crime prosecutors raided the Panama City offices of the Mossack Fonseca law firm Tuesday looking for evidence of money laundering and financing terrorism following a leak of documents about tax havens it set up for

wealthy international clients.

A half-dozen police officers set up a perimeter around the offices while prosecutors searched inside for documents. Shortly after news reports based on a trove of documents from the firm began emerging more than a week ago, Panama's government had said it would investigate.

The attorney general's office said in a statement that the objective of the raid was "to obtain documentation linked to the information published in news articles that establish

the use of the firm in illicit activities."

Mossack Fonseca has denied any wrongdoing, saying it only set up offshore financial accounts and anonymous shell companies for clients and was not involved in how those accounts were used. Co-founder Roman Fonseca said Tuesday that the firm was preparing a statement.

The search came a day after intellectual property prosecutors visited Mossack Fonseca to follow up on the firm's allegations that a computer hack

led to the leak of millions of documents about tax havens.

The firm filed a complaint charging the security breach shortly before the first media reports working with the documents offered details on how politicians, celebrities and companies around the globe were hiding assets in offshore accounts and shell companies.

"Finally the real criminals are being investigated," Fonseca said in a message to The Associated Press on Monday.

THE ASSOCIATED PRESS

+ FALLOUT

Corruption probes close in on Argentina's Fernandez

A federal prosecutor has asked that Argentina's former president Cristina Fernandez be included in a widening investigation into money laundering. A separate money-laundering probe into hotels owned by her family has been relaunched.

THE ASSOCIATED PRESS



1



2



3

DAY 3

A royal celebration

The Duke and Duchess of Cambridge are on a weeklong tour of India and Bhutan, visiting in the cities of Mumbai, Delhi, Assam, Bhutan and Agra. Here are some sights from Day 3 of their visit.

1 Kate and Will watch as a little boy dances by the fireside during a Bihu Festival Celebration at Diphlu River Lodge in Kaziranga, India.

2 Kate looks on as her husband tries to play an Indian whistle.

3 Dancers perform by the fireside.

ALL PHOTOS: GETTY IMAGES

MONUMENT

Democrats capitalize on Equal Pay Day

U.S. President Barack Obama and other Democrats on Tuesday seized on Equal Pay Day — a symbolic event dramatizing how much longer it takes a woman to earn as much as a man — to court women voters and call out Republicans for inaction on the issue.

Obama dedicated a new national monument to women's equality and pushed Congress to pass legislation. He suggested he's encouraged by movement toward full gender equality in many arenas — including corporate boardrooms, professional

sports and presidential politics.

"If we truly value fairness then America should be a level playing field," the president said, as he joined House Democratic Leader Nancy Pelosi, Maryland Democratic Sen. Barbara Mikulski and other Democrats at the Sewall-Belmont House and Museum in D.C., the onetime home of the National Women's Party now designated as Belmont-Paul Women's Equality National Monument. Alva Belmont and Alice Paul were figures in the women's rights and suffrage



Barack Obama speaks at the newly-designated Belmont-Paul Women's Equality National Monument in Washington, D.C. GETTY IMAGES

movements.

The Democrats' focus on Equal Pay comes amid a presidential campaign where the Republican front-runner, Donald Trump, has alienated female voters in droves, leading to GOP fears he could diminish the party's standing with that key constituency for years to come. Yet once again this year, while Obama and Democratic lawmakers trumpet their equal pay proposals at news conferences and briefings, Republicans have little to offer in return.

THE ASSOCIATED PRESS

ATTACKS

Brussels officials charge 2, detain 3

Two men have been charged with offences related to the Brussels bombings, and three others have been detained in Brussels in connection to the Paris attacks, Belgian authorities said Tuesday.

The Belgian Federal Prosecutor's Office said the two who have been charged, identified only as Smail F. and Ibrahim F., were involved in renting an apartment in the Etterbeek area of Brussels that served as a hideout for the bomber who

attacked the Brussels subway on March 22 as well as a suspected accomplice.

It said the detention of the three related to the Paris attacks followed a morning search in Uccle, an upscale district of the Belgian capital. A judge will decide Wednesday whether the three people should remain in custody, it said. It said no further information would be made public about the search.

THE ASSOCIATED PRESS

Get drenched at the movies

ENTERTAINMENT

4DX comes to first Canadian theatre this summer

Hang onto your popcorn — and steer clear of hot drinks.

Though you don't normally go to the movies to get rained or snowed on, Cineplex Entertainment is betting customers will pay extra for the privilege this summer, when the company introduces 4DX immersive technology at a Toronto theatre.

4DX incorporates a jolt on every level, from water streams and air blasts to lightning and familiar scents, along with chairs that pivot and swerve, in tandem with the action on the screen.

"It's like you're in the movie," Cineplex spokesperson Sarah Van Lange said Tuesday.

"It makes the movie-going experience truly immersive."

Though the ticket price is not yet public, it is part of a spate of premium movie-viewing offerings from IMAX to UltraAVX that carry a higher ticket price for an upgraded experience at Canada's largest movie chain.

In the fourth quarter of 2015 — which was Cineplex's most successful year ever — premium movie experiences



4DX incorporates a jolt on every level, from water streams and air blasts to lightning and familiar scents, along with chairs that move, in tandem with on-screen action.

HANDOUT/TORSTAR NEWS SERVICE

accounted for 46.8 per cent of total box office revenues. That averaged out to 39 per cent for the full year, which is more than double the box office revenues some of its peers generated in the U.S. last year, she said.

"Canadians, more than Americans, love premium movie experiences," said Van Lange.

For example, 80 per cent of the advance tickets Cineplex

“Canadians, more than Americans, love premium movie experiences.”
Van Lange

sold last year for Star Wars: The Force Awakens were for these elevated movie-watching platforms.

The exact launch date and first movie to be shown in 4DX have not yet been determined as the auditorium undergoes a massive overhaul to incorpor-

ate the new technology from South Korean firm CJ 4DPLEX.

But it will no doubt be a blockbuster as it was at the recent launch in New York City of Batman V Superman. The 4DX technology is already at more than 230 movie screens across Europe and Asia. The



new Toronto location marks the first in Canada and third in North America, including Los Angeles.

"You want to keep upgrading and enhancing your offerings because the movie industry has to stay ahead of whatever home theatre offers," said Canaccord Genuity analyst Aravinda Galappaththige.

"When you upgrade, you get better attendance," he noted. He said 4DX is not for every-

one, but it can't help but generate more curiosity at the box office, where customers have a range of choices including IMAX, UltraAVX, 3D, DBOX and VIP seating.

The 4DX auditorium will feature specially-designed motion chairs and environmental effects like wind, mist, bubbles, snow and scent working in synchronicity with the action on the big screen.

TORSTAR NEWS SERVICE

TECHNOLOGY

Stephen Hawking joins the space race

With famed physicist Stephen Hawking at his side, an Internet investor announced Tuesday that he's spending \$100 million on a futuristic plan to explore far outside our solar system.

Yuri Milner said the eventual goal is sending hundreds or thousands of tiny spacecraft, each weighing far less than an ounce, to the Alpha Centauri star system. That's more than 2,000 times as far as any spacecraft has gone so far.

Propelled by energy from a powerful array of Earth-based



Stephen Hawking GETTY IMAGES

lasers, the spacecraft would fly at about one-fifth the speed of light. They could reach Alpha Centauri in 20 years, where they

could make observations and send the results back to Earth.

They might discover a planet or planets there — experts think there may be some, but there's no proven sighting yet — and possibly even find signs of life there or elsewhere, said Milner and a panel of experts at the announcement. The three stars that make up Alpha Centauri are the closest stars to our star — the sun.

"We commit to the next great leap into the cosmos," Hawking said, "because we are human

and our nature is to fly."

Hawking has joined Milner and Facebook founder Mark Zuckerberg on the board of the project, called Breakthrough Starshot, which includes a team of scientists. Milner said his \$100 million will go to establish the feasibility of the project, and that a launch itself would require far more money.

Hawking is also part of a project Milner announced last summer to use earthbound telescopes to seek intelligent life in outer space. THE ASSOCIATED PRESS

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ROSEMARY WESTWOOD **SEXUAL ASSAULT DATA**

KNOWING IS HALF THE BATTLE

By the standards of our big-data age, we know shockingly little about the true extent and nature of sexual assault in this country, much less about what authorities are doing to address it. A concerted effort to collect, share and analyze data could be **our last, best hope for change.**

It began last week with a simple question.

Ottawa police had a 39 per cent charge rate for sexual assaults in 2014. I wanted to know: How does that compare to the national average?

But there was one problem. That comparison doesn't exist.

Statistics Canada tracks some data on sexual assault in this country. But rates of charges versus police complaints? No. In fact, even StatsCan's own data sets aren't designed to be compared to each other, like puzzle pieces never cut to fit.

We are witnessing a crescendo of attention on sexual assault never seen before. Decades of research and activism have brought us here, but depressingly, they have done nothing to change the rate of sexual violence in the last 15 years.

There is one thing we haven't tried: the collection, organization and analysis of robust, in-depth and actionable data.

As things stand now, when a woman comes forward, we don't usefully record what happens next.

The same is true, of course, for all crimes. But there is good reason to demand that, in the case of sexual assault, much more needs to be done.

Sexual assault — everything from unwanted sexual touching to violent rape — is a unique umbrella of crime in this country.

First of all, it's overwhelming committed by men against women. Secondly, sexual assaults aren't addressed by the justice system as often as other crimes. Nationally, physical assaults are seven

You can't sift insight from thin air. Police, schools and StatsCan must be compelled to collect more information.



Left: A protester is seen outside a Toronto courthouse where the Jian Ghomeshi trial took place. Right: A sign made up of messages created by students in September 2015 as part of the anti-violence project at the University of Victoria. CHRIS YOUNG/THE CANADIAN PRESS; CHAD HIPOLITO/THE CANADIAN PRESS

times more likely to play out in courts, compared to sexual assaults.

But most alarming is that while crime rates have uniformly been falling since 1999, only sexual assault has remained stable.

Better data should begin with local police departments, which only ever hear about five per cent of sexual assaults to begin with, and which have no uniform practice for tracking or publishing sexual-assault data. In Vancouver, police host an online public database, but it only includes the number of cases investigated as sexual assaults (including those against children); it doesn't include all complaints and doesn't break down cases by outcome or factors like race.

Ottawa police released stats on sexual assault complaints (also including kids) only after a freedom of information request. The data showed the result of each complaint, including "unfounded" and "founded but not solved," but

there were no details on how investigators reached their conclusions. This is typical.

Both Ottawa and Calgary police have played the "trust us" card and taken pains to defend the thoroughness of their investigators.

But police forces could be hard-pressed to offer more nuanced data, even if they wanted to. ViCLAS, a national computer investigation system, was designed, like other police computer systems, to take in information and help investigations — not to spit out data for analysis.

Nowhere have statistics on sexual assault come more under fire recently than on Canadian campuses. In 2014, media investigations revealed the hodgepodge, incomplete nature of information collected at universities and colleges. Schools weren't even tracking the same categories of incidents and they had no obligation to share their data publicly. A concealing blanket lay atop a space where, advocates say, woman face height-

ened risk of sexual assault.

In reaction, Ontario passed a law requiring campuses to create specific sexual assault policies and data-reporting practices. In B.C. and Alberta, advocates are drawing up recommendations for how campuses should track and investigate sexual assault complaints and support survivors.

Tracy Porteous, part of that team, wants to see schools in B.C. adopt a computer database that would track complaints and aid investigations (like police systems) and also compile statistics (unlike police systems).

But even these efforts are insufficient.

For one, not all provinces are demanding change. Whatever data is generated might not even be comparable to that of schools in other provinces, let alone to police or StatsCan. And I highly doubt it will be sufficiently detailed, given that, in Ontario, schools have been vaguely instructed to collect "information" on



sexual assault complaints.

It's particularly ironic that this kind of paltry information exists in the age of big data, giving lie to the belief that boundless information is everywhere, just waiting to be found. There's a chance, though, that new mathematical algorithms of the kinds studied by Prof. Andrea Lodi could shed light on what little sex assault data we've got. Lodi, the Canada Excellence Research Chair in Data Sci-

ence for Real-Time Decision-Making, calls it that kind of analysis "the new frontier."

But you can't sift insight from thin air. Police, schools and even StatsCan must be compelled to collect more information and collaborate more closely.

Data could be our last, best shot to change abysmal rates of sexual violence, reporting and convictions.

We must start actually using it.

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To adopt healthier eating habits, focus on adding an extra portion of fruit and veg to every meal rather than dwelling on the foods you're cutting out, advises food writer Ella Woodward. CONTRIBUTED

INTERVIEW

Plant-based meals made easy thanks to Deliciously Ella

Melita Kuburas
Metro | Canada



Addition, not subtraction, is the key to making a seamless transition to healthier eating habits, says U.K. food blogger Ella Woodward.

"Deprivation doesn't work," says Woodward, who visited New York and Toronto last week to promote her new book, *Deliciously Ella Every Day* (Simon & Schuster Canada).

"I try and help people to focus on adding stuff in, rather than always thinking what you're cutting out," she tells Metro.

Woodward overhauled her lifestyle after being diagnosed with Postural Tachycardia Syndrome.

One of the symptoms of this condition is a difficulty maintaining a normal heart rate, which meant even the simplest tasks were unconquerable for her.

She says switching to a plant-based diet has helped her, but Woodward stays away from offering health advice to her fans (she has over 800,000 followers on Instagram, another 392,000 on Pinterest).

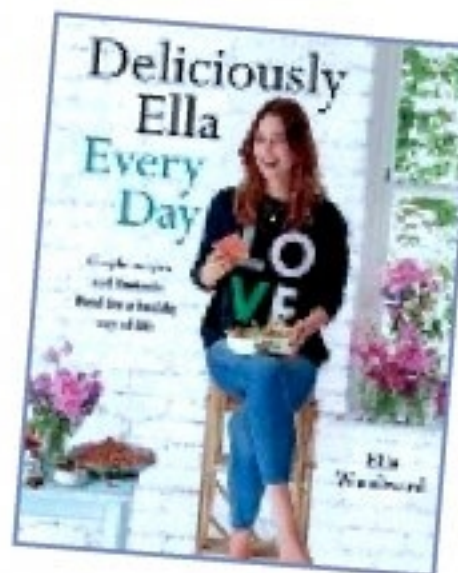
ELLA'S FAVOURITE

"They're so easy. It takes three minutes and you can always make a big batch at once and freeze the rest."

"I don't want to give very specific advice. I think that nutrition is absolutely amazing but it's so important to work one-on-one with someone. I'm much more about just promoting eating natural foods, showing people easy, more tasty ways of eating them and incorporating them into their life."

Start with simple changes like switching to brown rice instead of white, or swapping quinoa for pasta.

Before you know it, you'll be craving home-made cashew milk and cauliflower pizza crust — and it won't feel like a diet.



RECIPE FROM DELICIOUSLY ELLA EVERY DAY

A favorite recipe from my blog, which I hope you'll love. It's incredibly simple but very addictive; the first time I made this I cooked it four or five times in the following two weeks! There's just something about the mix of soft, buttery beans smothered in home-made pesto with sautéed spinach, crunchy pumpkin seeds and sweet, juicy pomegranates that I can't get enough of.



WARMING PESTO LIMA BEANS

Serves 1.

Ingredients for the pesto:

- 1 garlic clove
- 6 tablespoons pine nuts
- big handful of fresh basil leaves (1 ounce)
- 3 tablespoons olive oil
- juice of 1 lemon
- salt and pepper

Ingredients for the salad:

- one 15-ounce can lima beans, drained and rinsed
- 3.5 ounces spinach
- olive oil
- juice of 1 lemon
- pepper
- handful of pumpkin seeds
- sprinkling of pomegranate seeds

Directions:

1. Start by making the pesto. Simply peel the garlic and then put all the

ingredients into a food processor and blend until smooth. Set aside.

2. Place the beans in a frying pan with the spinach and pesto and sauté everything in a splash of olive oil for 2-3 minutes until the spinach has wilted and everything is warm.

3. While they cook, squeeze the lemon (for the salad) over the beans and add pepper.

4. Place the pesto beans and spinach into a bowl and sprinkle the pumpkin and pomegranate seeds over the top.

Tweak it

In hot weather, swap the wilted spinach for fresh arugula and serve this as a cold salad.



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Now it's OK to eat like a bird

Canary seed quick facts

Canary seed, which has been used almost exclusively as bird seed in North America, recently received approval to be sold for human consumption in both Canada and the United States.

1 What human food can canary seed be used in?

Baked goods and mixes for bagels, biscuits, breads, rolls, cookies, crackers, doughnuts, pancakes, waffles, muffins, pies, breakfast cereals, flours and brans. It can be sprinkled like sesame seed and can also be used in energy, meal replacement, and fortified bars; granola and cereal bars; pasta; and snack foods.

2 It's nutritious

With about 20 per cent protein, it's one of the higher protein cereal grains grown in Canada. It has a high percentage of unsaturated fatty acids and provides folate and iron. It's gluten-free, too.

3 Canada is the No. 1 exporter

Canada has well over 80 per cent of the world's canary seed exports, with Saskatchewan the top grower. In 2015, an estimated 149,000 tonnes of canary seed with a farm gate value of roughly \$90 million was harvested from more than 1,200 square kilometres.



NUTRITION

Health Canada gives the green light to eating canary seed

Move over, feathered friends: canary seed has been approved for human consumption by Health Canada and the U.S. Food and Drug Administration.

The high-protein, gluten-free grain — similar in size to flax seed and sesame seed — can now be incorporated whole into energy and snack bars and sprinkled on hamburger buns and bagels. It can also be ground into flour for use in cookies, muffins, crackers, breads, tortillas and pasta.

It's good news for farmers in Saskatchewan, where the bulk of the world's canary seed crop is grown and exported.

It's hoped the approval for human consumption will broaden the market, says Kevin Hursh, executive director of the Canary-seed Development Commission of Saskatchewan.

Carol Ann Patterson, a food scientist with The Pathfinders Research and Management Ltd., in Saskatoon, had been working with the commission since about 2006 as regulatory approval was sought for the seed to be used as a cereal grain, similar to oats, wheat, barley and rye.

"From a protein perspective, compared to other cereals, canary seed ranks up there," says Patterson.

"And that's why it's so good for

gluten-free applications because right now a lot of the flours that are used ... don't have the same nutrient composition as canary seed would have in terms of fatty acids, in terms of the vitamins, in terms of fibre and in terms of protein content."

Roasted canary seed has a nutty flavour with a pleasant aroma.

Marlene Hursh adapted a popular chocolate chip cookie recipe to use canary seed flour and groats (dehulled grain when the outer seed coat is removed, allowing you to see the seed colour).

Canary Seed Chocolate Chip Cookies

Ingredients:

If canary seed flour is unavailable, use 250 ml (1 cup) all-purpose flour.

- 125 ml (1/2 cup) softened butter or shortening
- 50 ml (1/4 cup) white sugar

- 125 ml (1/2 cup) brown sugar
- 1 egg
- 5 ml (1 tsp) vanilla
- 175 ml (3/4 cup) all-purpose flour
- 50 ml (1/4 cup) canary seed flour
- 2 ml (1/2 tsp) baking soda
- 2 ml (1/2 tsp) salt
- 250 ml (1 cup) chocolate chips
- 50 ml (1/4 cup) canary seed groats (optional)
- 125 ml (1/2 cup) chopped nuts (optional)

Directions:

1. In a bowl, cream together butter and white and brown sugars until light and fluffy. Add egg and vanilla and beat until smooth.
2. Stir in flours, soda and salt. Blend well.
3. Stir in chocolate chips, and canary seed groats and nuts, if using.
4. Drop by spoonfuls on ungreased cookie sheet 5 cm (2 inches) apart. Bake in a 190 C (375 F) oven for 8 to 10 minutes.

THE CANADIAN PRESS



Canary seed, seen here being harvested in Saskatchewan, has been approved for human consumption by Health Canada and the U.S. Food and Drug Administration. THE CANADIAN PRESS



ROSE REISMAN THE SAVVY EATER

THIS WEEK: Hot sauces

Olé! More and more spice seekers are piling their food with peppery sauces, but you may get burned by more than just the taste.

✓ PICK THIS

Sriracha Hot Chili Sauce from Huy Fong Foods (1 Tbsp)

Sodium 240 mg



✗ SKIP THIS

Frank's RedHot Original Cayenne Pepper Sauce (1 Tbsp)

Sodium 570 mg



= HERE'S WHY



Equivalent to 30 Rold Gold Classic Style Tiny Twists pretzels in sodium

Adding a hot pepper sauce to spice up your food may seem like a healthier alternative than loading it with other condiments like ranch dip, chipotle mayo or ketchup, but don't go overboard! At a glance the two spicy sauces may seem similar. Both have virtually no calories, fat or sugar, but by switching to Sriracha you cut your sodium down by half. Too much sodium can lead to high blood pressure — a risk factor for strokes, heart disease and kidney disease.



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BOOK EXCERPT CHICKPEA FLOUR DOES IT ALL BY LINDSEY S. LOVE

Chickpea flour adds a cheesy touch



This Alfredo with Watercress and Chives is vegan friendly thanks to chickpea flour. CONTRIBUTED

FOOD ALTERNATIVES

Legume mimics gooey goodness of sauces made from dairy

Upon first discovering that chickpea flour can not only be used as a thickener in sauces but also made into a sauce all on its own, I was beyond excited for the possibilities, and the outcome of this sauce completely exceeded my expectations.

Many, if not most, vegan cheese substitutes incorporate some type of nut that gives a cheese-like consistency when soaked and blended with water.

However, I was always a little disappointed that my "cheese" sauces continually didn't have that gooey, cheesy texture. So when fooling around with a chickpea flour mix one day, I thought why not add it to the base of a vegan cheese sauce to give it that gooeyness I had longed for.

After I added some flavourings, salt and pepper, and the like, I was amazed at the result: a cheese sauce tasting just the way I remember from my childhood.

There are so many ways of incorporating this sauce into meals and dishes, whether it's over pasta, as a warm cheesy dip for vegetables, or poured over baked sweet potatoes or homemade french fries.

Alfredo with Watercress and Chives

Serves: 4

Prep time: 12 hours

Cook time: 20 minutes.

Ingredients:

- 16 ounces (454 g) gluten-free and vegan pasta (or

pasta of choice)

- ¼ cup (40 g) plus 1 Tbsp cashews, soaked overnight and drained

- 1 Tbsp extra virgin olive oil

- 1 Tbsp plus 1 ½ teaspoons nutritional yeast

- 2 tsp apple cider vinegar

- 1 ½ tsp lemon juice

- 2 garlic cloves, roughly chopped

- ½ tsp sea salt, plus more to taste

- Freshly ground pepper

- 1 cup (240 ml) water

- ¼ cup (30 g) chickpea flour

- 2 Tbsp chopped chives, plus chive flowers

- 1 cup (34 g) packed watercress

- Freshly ground nutmeg, to taste

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- Freshly ground nutmeg, to taste

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blender. Blend on high for 1 minute, until creamy and smooth. Taste and adjust any seasonings, if needed. Add 1 tablespoon of chives and blend on medium for about 30 seconds.

4. In the last 30 seconds of cooking the pasta to al dente, add the watercress and cook until wilted. Drain the pasta and watercress and quickly rinse with cold water to stop them from cooking.

5. Transfer the pasta and watercress to a serving bowl; pour the sauce over the pasta and mix.

Taste and adjust salt, if needed.

Serve hot with remaining 1 tablespoon of chives, chive flowers, and nutmeg.

TRY IT ON OTHER FOODS

There are so many ways of incorporating this sauce into meals and dishes, whether it's over pasta, as a warm cheesy dip for vegetables, or poured over baked sweet potatoes or homemade french fries.



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The media's view of women in prison



Orange is the New Black comes from a unique female viewpoint. ALL PHOTOS HANDOUTS

ANALYSIS

Stereotypes of 'babes behind bars' cast aside for new narratives

In the prison exploitation film Caged Heat a truck enters a women's prison with new inmates. The prisoners are then told to remove their clothing and perform calisthenics by a pipe smoking male doctor.

"Enter the female jungle of women's prison USA, a seething hell of steel and stone where bodies behind bars ache with hunger for a man, any man," goes the carnival barker voice over. "If you could get in, they would let you do anything."

The 1974 prison genre film, so brilliantly torqued to fine fromage by shlockmeister Roger Corman with Jonathan Demme in his directing debut would unfortunately influence a generation of copycats including Chained Heat, Women in Cellblock 9 and Prison A Go Go!

It also pretty much set the tone for the depiction of women in prison in popular culture for decades to come.

That's changed over the years, particularly with shows such as Orange Is The New Black and documentaries such as the Investigation Discovery series Women In Prison.

The new crop of shows and literature depict women as human beings as opposed to being something to be feared or pitied, says Dawn Cecil, a University of South Florida professor and author of Prison Life in Popular Culture.

"These babes-behind-bars films reinforce society's stereotypes about female prisoners: that they are violent, worthless, sex-crazed monsters totally unworthy of humane treatment, much less educational programs" says Cecil in a paper looking at the incarceration of Martha Stewart. "While it is true that the audience may question these images, the problem is that there are very few alternative media images available."

TORSTAR NEWS SERVICE

INCARCERATED: IN TV, BOOKS, MUSIC

Orange Is The New Black Season 4

Season 4 of OITNB premieres in June. Since the show debuted viewers have been treated to a much more three dimensional view of women in prison. Although far from being ultra realistic, the characters are relatable. It also comes from a unique female viewpoint, based on a memoir by Piper Kerman, and with Weeds creator Jenji Kohan as the showrunner. The result has seen the birth of television's most inclusive show with meaty, thoughtful roles for Asians, Latin Americans, blacks and transgender actors.



Look At You Now: My Journey From Shame to Strength

Liz Prior's memoir retraces her teen years as a 17 year old girl who becomes pregnant in 1979. In some ways the work makes a nice bookend to Piper Kerman's Orange Is The New Black: My Life in a Women's Prison. Like Kerman, Prior is from a white, upper middle class background who finds herself plunged into an unexpected world. After discovering her pregnancy in her senior high school year, her parents pack her in the car and drop her off to a government home for "delinquent and impoverished" girls. She soon discovers unexpected bonds with the other girls. Like the character of Piper, (played by Taylor Schilling), Prior is the Trojan Horse, the placeholder that allows the reader to ease into an initially foreign place that eventually becomes all too familiar.

Margo Price: Midwest Farmer's Daughter

"A lot of times, people say, 'You're so much like Loretta or Tammy Wynette,'" says rising country star Margo Price in a Rolling Stone interview. "But I feel kind of like one of the men. I'm like David Allan Coe. I've been to prison, man! I think that's what separated me from the Kacey Musgraves, stuff like that. There's not a lot of glitter or girlie bows and stuff." Price's debut album On Jack White's Third Man Records is full of hurtin' country tropes. But she's got some street cred to go with them. Although it's not exactly in the same league as The Notorious B.I.G. Price says she was arrested for drunk driving and spent the weekend in jail. She writes about the experience on Weekender where she says she spent a cold cell night with a woman who beat up her boyfriend after being high on crack. Price's dad was also a prison guard. TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

The Catch comes up trite, despite its talent

THE SHOW: The Catch, Season 1, Episode 2 (ABC/CTV)
THE MOMENT: The muddy shoes

Swanky private investigator Alice Vaughan (Mireille Enos) is searching a bedroom for clues about the killer of a wealthy socialite, Edith. Suddenly, Edith's handsome, younger widower enters.

At first, Alice smiles at him — until she spies the mud on his shoes. The same mud that she got on her shoes a scene earlier, when she found a vital clue! Her face falls. "You stole the jewels to make it look like a robbery," she over-explains.

Poor Mireille. I loved her in The Killing. And I had high hopes for this series, in which Alice plays a cat-and-mouse game with the boyfriend who conned her (Peter Krause).

The premise is juicy: Do we ever know the people we love? Can we avenge heartbreak? Its co-creator is the novelist Kate Atkinson, and its executive producer is the powerhouse Shonda



Mireille Enos stars as Alice Vaughan in The Catch. CONTRIBUTED

Rhimes, who is the first person to own an entire night of programming (Grey's Anatomy at 8 p.m., Scandal at 9, and this at 10).

But all the gleaming interiors, designer duds, false eyelashes and high-gloss escapism in the world can't disguise the fact that this show is risible. The cons Krause runs wouldn't fool a toddler. And the myster-

ies Alice does solve — muddy shoes? — are ones Nancy Drew would reject as too obvious. The Catch makes Charlie's Angels look like The Wire.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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New COBS Bread opens at Marda Loop



On Friday, April 8th, COBS Bread opened a new location in Marda Loop with a community day, where all proceeds were donated to Renfrew Educational Services, a non-profit charity.

The new bakery is owned and operated by Bishwa Pati, a long-time pastry chef. We asked Bishwa to share a bit of his background, but who better to provide that information than his 10-year-old daughter? Perhaps the best thing about her responses is that "smiling" is a recurring theme.

An interview with 10-year-old Ananya Pati

My dad Bishwa and my mom Suravi are opening their first bakery in Marda Loop. My dad is an awesome pastry chef and my mom is an amazing teacher. We are all very excited to share the delicious breads and pastries available at other COBS Bread locations and put smiles on everyone's faces.

Q: Why did you join the COBS Bread family and what inspired you to do so?

We are first-time COBS Bread owners. We wanted to open our own bakery because my dad has worked

all his life as a pastry chef, and it was time for us to have our own bakery. We love COBS Bread because the smell of the fresh bread in the morning makes us smile. Also, the bread left at the end of the day goes to charity, and nothing goes to waste. That makes me happy because it helps people who need it.

Q: What did you do before working at COBS?

My dad came to Alberta in 2002 from India, and mom came in 2003. My dad was a pastry chef for the last 23 years. Now he is the best baker I know. My mom is a teacher and my parents have two kids, my brother and I. I am 10 and my brother, Aryan, is five years old.

Q: Why COBS Bread?

My dad chose COBS Bread because it seemed natural to what he was doing already. But, now he owns the business for our family. We also love the quality of the products and how they help the community.

Q: What do you enjoy most about being a franchisee?

He enjoys the support that he gets, and also the brand recognition!

Q: Which charities will your bakery donate end-of-the-day products to?

The YYC Homeless and Calgary Food Bank.

Q: How are you planning on getting involved in the community?

We will help with bake sales and dough and bread fundraisers (find out more online at: cobsbread.com/cobs-cares/dough-raiser-program). We will also help and support community events and local charities.

Q: What do you like to do in your spare time?

My mom is a special education teacher and loves helping kids who need more support and love. She also enjoys cooking. My dad is passionate about chocolate and gardening. My brother is a train enthusiast. I love mathematics, reading and writing. We as a family love hiking in the summer and spend a lot of time in the mountain wilderness. We also love to travel and spend time together.

Baked fresh, right here, every day

If you have ever walked past a COBS Bread bakery, you may have noticed yourself inhaling very deeply. The air there is rich with the aroma of freshly baked bread, rolls, buns, croissants, scones and more.

There are 13 COBS Bread bakeries in Calgary and surrounding area (including Cochrane, Okotoks, and Airdrie).

It is part of COBS Bread's business model to start from scratch every single day.

At each of these bakeries, you will find a dedicated team of bakers who are up way before the crack of dawn making sure people have freshly baked scones or croissants for their morning commute, and a

delicious variety of rolls, buns and loaves to pick up on your way home.

COBS Bread's traditional loaves contain no added preservatives, colouring, sugar or dairy. All whole-wheat loaves are made with whole grain flour and the authentic sourdough is made with a natural levain starter.

The French baguettes are made using a traditional recipe and take over 16 hours to make. And if you have never had a Turkish before, pick one up to dip into olive oil and vinegar this weekend.

The variety of delicious bread that this bakery has to offer shouldn't be surprising, but given the diverse range each bakery offers, somehow it is.



Apple pie you can hold in your hand

Pie lovers, rejoice. This month, COBS Bread has launched a brand new scone: the Apple Pie Scone. Containing a delightful blend of Granny Smith apples and salted caramel, the scone is finished with a dash of cinnamon and nutmeg. Like all COBS Bread products, they are baked fresh every day.

THE TOP 5 COBS BREAD PRODUCTS IN CALGARY

1. Cinnamon Bun
2. Ham and Cheese Croissants
3. White Loaf
4. Country Grain Loaf
5. Berry & White Chocolate Scone



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Kia is boxy, but has a lot of Soul



REVIEW

Latest model feels roomier than past offerings

Jil McIntosh
For Metro Canada



Boxy styling isn't necessarily the prettiest, but it certainly is practical. The Kia Soul may be a compact, but its squared-off shape gives you more interior space than you might expect.

The base trim line comes with a 1.6-litre engine making 130 horsepower, but I'd suggest moving up to the 2.0-litre engine, which produces 164 horsepower and is used in all the other trims.

The larger engine comes solely with a six-speed automatic transmission and while it gets noisy on hard acceleration, it handles both city and highway driving quite well.

The tight turning radius makes it easy to park in small spaces, especially with the rear-view camera that's optional on the mid-range EX trim and standard on my top-line SX tester.

There's also a gimmicky feature called Flex Steer, included on all models, which lets the driver switch the steering feel

between normal, comfort, or sport.

Kia has made improvements over the original system, which was far too soft in comfort mode, but even in sport mode it could use a bit more steering weight.

At an average published fuel economy of 8.8 L/100 km, the Soul isn't a gas-guzzler but also isn't as efficient as many other vehicles its size.

The Soul feels substantial, and the interior is comfortable and with good fit-and-finish. The base model is exactly that, as its extra cost to put air conditioning into it, but the upper trim lines add numerous features.

For \$25,995, my tester included a heated steering wheel, heated leather seats, power-folding mirrors and an auto-dimming rearview mirror.

The top trim, at \$27,495, has lane departure and front collision warning, navigation, heated and cooled seats, and a panoramic sunroof.

There used to be far more entries in this "tall wagon" category, such as Toyota's Matrix, Honda's Element, and the Nissan Cube.

The Soul has outlasted them all and now, in its second generation, has matured into a well-outfitted model that makes the most of its compact proportions.

THE CHECKLIST | 2016 KIA SOUL

THE BASICS

Type. Four-door, five-passenger compact hatchback

Engine (hp/torque):

1.6-litre four-cylinder (130/118), 2.0-litre four-cylinder (164/151)

Transmissions. Six-speed manual (1.6 only), six-speed automatic

Price. \$17,195 (base), as-tested \$25,995



KIA PHOTOS JIL MCINTOSH/FOR METRO; OTHERS HANDOUT

THE COMPETITION



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Volvo C70 a family-friendly top-down

USED VEHICLE

Check roof panels in 2006-2013 models

Unlike two-seat 'roadster' style drop-tops, a convertible like the Volvo C70 can handle a complement of four occupants when needed, making it an ideal choice in a family-ready ride that's big on top-down summertime fun.

The Test Drive

Open and close the convertible top several times, ensuring no warning lights illuminate, that there's no binding or straining apparent during the process, and that the roof opens and closes, consistently, each time.

Check roof panels for signs of paint wear or damage, which could indicate misaligned arms, or panels that are contacting one another as they fold away.

Stop the roof halfway through its range of motion, when all panels and their seals will be visible. Note that rubber seals should be plump, intact and free of damage or missing chunks. Remember that periodic lubrication of the rubber weather seals, as well as periodic cleaning of debris from the built-in rain gutters and drainage holes, can add to the durability and reliability of the motorized top. Finally, inspect the interior headliner, as some owners have reported ceiling fabric that sags over time and can interfere with roof operation.

Insist on test-driving the used C70 when it's been sitting, cold, a few hours ahead of your arrival. From a cold start, let the car idle up to operating temperature before driving it, noting that milky tailpipe smoke is often a warning sign of a bad turbocharger. Poor performance, could be the result of a bad engine sensor.

JUSTIN PRITCHARD/FOR METRO



JUSTIN PRITCHARD/FOR METRO

Features

The C70 combined four-seat comfort and space with a roof-optional motoring experience designed for luxury and peace of mind. Conceived and calibrated for hours-long top-off comfort, the C70's power-retractable hard-top flips and folds into the trunk at the touch of a button, in about 30 seconds.

Engines

All C70 models come with Volvo's silky 'T5' powerplant: a 2.5-litre five-cylinder unit with dual camshafts and an intercooled turbocharger, good for 227 horsepower sent to the front wheels. A five-speed automatic, or a six-speed manual, were available.

What owners like

Owners typically report a safe, solid and secure feeling on the road, a comfortable and nicely styled cabin, a quiet and relaxing overall driving experience, and exceptional performance from the optional Dynaudio stereo. The engine, transmission and even shifter and clutch are said to be smooth and refined.

What owners dislike

Owner gripes centre around soggy steering and handling which won't appeal to driving enthusiasts, the slashing of cargo space when the roof is folded down, and a low-hanging trunk lid that's easy to whack one's cranium on.

The verdict

A used C70, inspected carefully by a technician, should prove a confident used convertible buy.

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Most people think it's the outside world that degrades a helmet, but it's actually bacteria and acids from a rider's head that cause the most damage. AFP

Picking the right helmet for you

SAFETY

Experts say to get a replacement after five years

It doesn't matter how cool a crash helmet may look or how well it goes with your brand new bike or syncs with your phone's Bluetooth system — unless it fits your head properly, in the

event of an accident it will offer the same amount of protection as any other fashion accessory.

Despite the unrelenting march of online shopping, buying a crash helmet is something that should only ever be done in person.

"We always stress for people to go to their local dealer to buy a helmet, where trained staff can ensure they get the right fit for them," explains Mark Eilledge, the racing and technical manager for Shark helmets.

You can check the size of your head with a tape measure for a rough idea of fit (just like before buying a hat) but "different helmet brands — and styles within the brand — have different fits and suit different people," Eilledge explains.

Regardless of whether you like the look of a full-face, modular, off-road or open-face helmet, all types and styles of helmet are identical when it comes to fitting.

And in this regard, it's surprising that even experienced bikers

are often caught out, thinking a helmet should feel loose on the head.

"If it slides on too easily then it's too big and won't protect you effectively," says Eilledge, pointing out that once on, a rider shouldn't be able to get a finger between the helmet and the liner. The lining is key to fit, comfort and safety in all helmets and it is the liner's condition that dictates how effective the helmet will be in the event of an accident. AFP

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GREEN NEWS

Mercedes commits to electric Smart fleet



Mercedes' Dr. Dieter Zetsche says the company welcomes disruptors like car sharing and autonomous driving. DAIMLER AG

At its annual shareholder meeting in Berlin, Mercedes-Benz parent company Daimler pledged to develop and launch a battery-powered car with a 500-kilometre range before the end of the decade.

Dr. Dieter Zetsche, Daimler's chairman and the head of Mercedes-Benz Cars, said, "The more cars and commercial vehicles are on the road, the more efficiently each one of them must be operated."

Compatriot company Porsche, despite being a niche manufacturer in terms of sales and vehicle lineup, is already hard at work bringing a similarly long-range electric car to market with a goal of a 2018 launch.

However, as a company that sells millions of private and commercial vehicles every year, Daimler needs to move more quickly in order to reduce emissions and cut pollution across its fleet.

By the end of 2016 every current vehicle in the company's Smart range of inner-city cars will be offered as a plug-in electric vehicle and it also intends to bet big on hybrid drivetrains as a short-term solution while full EV technology catches up for larger vehicles.

"In 2017, we will have 10 plug-in (hybrid) models on the market," said Zetsche.

Despite the continuing backlash from the Dieselgate

scandal, Daimler also reiterated its faith in diesel and its crucial role to play in lowering the average CO2 emissions on roads not just in Europe, but around the globe.

"At Mercedes, we believe in the diesel engine — and in our engineering skills," said Zetsche.

The notion of personal mobility is going through its biggest single evolution since Karl Benz invented the internal-combustion-engine-propelled motorcar in 1885. Daimler is the company that grew out of that initial automotive eureka moment and as a result likes to lay claim to being the car's creator.

And rather than trying to preserve the status quo, the company believes the disruption coming from autonomous driving technology, pollution concerns, upstarts like Tesla and the popularity of services like Uber are all positive.

"It is a matter of utilizing the opportunities that changes bring along," Zetsche said.

It's also why Daimler is also investing heavily in its existing ride-sharing services and on efficient long distance buses.

Zetsche said: "130 years ago, we invented the automobile. Today we are forging ahead with its reinvention. We are, and we will remain, pioneers of mobility." AFP



B.C.'s Rory MacDonald, headliner of June's UFC Fight Night in Ottawa, took in batting practice and threw out the first pitch at Tuesday's Jays game

Bronx Bombers fire opening salvo

MLB

Yankees begin three-game series by edging Blue Jays

The New York Yankees scratched out a run in the seventh inning off Toronto reliever Brett Cecil and it held up as the difference in a 3-2 win over the Blue Jays on Tuesday night.

Jacoby Ellsbury worked a full count before lifting a flare to shallow left field that allowed Chase Headley to trot home from third base.

TUESDAY In Toronto



Andrew Miller pitched the ninth inning for his second save as New York (4-2) took the opener of the three-game series. Brian McCann homered and scored twice for the Yankees, who outlit Toronto 7-3.

The Blue Jays worked back-to-back walks off Yankees starter Masahiro Tanaka in the opening frame but couldn't push a run across. Tanaka struck out Troy Tulowitzki to end the threat, but he threw 29 pitches in the inning.

Toronto starter Aaron Sanchez also struggled with his command early in the game.

He issued two walks in the



Yankees second baseman Starlin Castro turns a double play against the Blue Jays' Troy Tulowitzki on Tuesday night in Toronto. TOM SZCZERBOWSKI/GETTY IMAGES

second inning and was charged with an error when his throw sailed wide on a pickoff attempt, allowing both runners to advance.

Starlin Castro grounded out weakly to the right side but it was enough to bring home McCann with the game's opening run.

Sanchez settled down in the third inning, getting the top of the order on a groundout and two strikeouts.

The Blue Jays got on the board in the bottom half of the frame. Tanaka hit leadoff man Kevin Pillar with a pitch and he moved to third base on a Josh Donaldson single.

Jose Bautista drove in both runners with his first double of the season.

McCann hit a solo homer on a full-count pitch with two outs in the sixth.

Johnny Barbato (1-0) pitched the sixth inning for the victory. Cecil (0-2) shouldered the loss.

THE CANADIAN PRESS

OLYMPIC FASHION

Canada rocking classic look for Rio

Canada's Summer Olympic and Paralympic athletes will be in classic form as they suit up for Rio, sporting traditional styles steeped in the country's colours and showcasing iconic national symbols.

The latest designs from official outfitter Hudson's Bay Co. were unveiled live Tuesday night on Team Canada's Facebook page.

In a move that's being billed as a first, viewers were able to get a glimpse at the uniforms for the opening and closing ceremonies months before the Games actually get underway.

The apparel and

THE GAMES

The Rio Olympics will take place Aug. 5-21. The Paralympics will be held Sept. 7-18.

accessories line is priced from \$15 to \$150. Select items will be available to shop online this week, while the official replica wear will be available at all Hud-

son's Bay stores beginning May 4.

THE CANADIAN PRESS

Paddler Ben Russell and sprinter Khamica Bingham

THE CANADIAN PRESS



TELEVISION

Ratings mirror woes of Canadian teams

The biggest roll of the dice in Canadian TV history has come up snake eyes.

All seven Canadian teams sit on the sidelines as Rogers Media wraps up the second season of a \$5.2-billion, 12-year deal with the NHL.

With little to cheer for, ratings have taken a massive hit.

Overnight estimates for last

Saturday's Hockey Night in Canada broadcast were just 721,000.

Over a 30-week period, ratings for the early game on Hockey Night in Canada are down 18 per cent for the season. Later games out west are down 19 per cent on average. On Sundays, Sportsnet's Hometown Hockey is down 42 per cent season-to-season.

THE CANADIAN PRESS

NHL IN BRIEF

Scoring remains stagnant

For the fourth consecutive 82-game season, the NHL has failed to top 6,600 goals scored.

This year's total is 858 goals fewer than in 2005-06, when the NHL revamped its rules to eliminate clutching and grabbing in a bid to open up offence.

The NHL is expected to introduce new rules next season in which the equipment a goalie wears is based on a player's individual size. THE ASSOCIATED PRESS

Sens' new general manager fires coach

Pierre Dorion wasted no time making his first move as general manager of the Ottawa Senators.

Head coach Dave Cameron and assistants Andre Tourigny, Jason Smith and Rick Wamsley were all fired Tuesday, just two days after Dorion took over as GM from Bryan Murray.

Ottawa missed the NHL playoffs after posting a disappointing 38-35-9 record. THE CANADIAN PRESS



Mark Trumbo follows through on a two-run home run on Tuesday. GETTY IMAGES

O's perfect through 7 games

J.J. Hardy had a pair of two-run home runs, Mark Trumbo added another and the Baltimore Orioles pounded the Boston Red Sox 9-5 on Tuesday night to win their seventh straight game to begin the season.

Trumbo's homer off Clay Buchholz (0-1) was his second in two days. It was part of a three-run sixth inning that put the Orioles in front.

Hardy curled Buchholz's

TUESDAY In Boston



fastball inside the right-field foul pole for his first homer in the fourth, then got his second off Robbie Ross in the seventh.

Buchholz went five innings — one more than in his season debut — but allowed five earned runs for the second time in a row.

Mike Wright (1-0) made his season debut after having it delayed by a rainout. He went five innings, gave up four runs and struck out four.

David Ortiz hit his third homer of the season.

THE ASSOCIATED PRESS



Delon Wright goes to the hoop against the 76ers on Tuesday. TORSTAR NEWS SERVICE

Raps finish up at home with easy W

NBA

Dinos to face Pacers in first-round matchup

With little on the line, the Toronto Raptors found some meaning in their final home game of the regular season — an encouraging performance from DeMarre Carroll.

Carroll keyed a run early in the second half, and the Raptors cruised to a 122-98 win over the Philadelphia 76ers

TUESDAY in Toronto

122 98
RAPTORS 76ERS

on Tuesday night. The Raptors finished the year with a 32-9 record at Air Canada Centre, the best mark in franchise history.

Toronto wraps up the regular season with a game in Brooklyn on Wednesday.

Thanks to Indiana's win in

New York and Detroit's loss to Miami, the Raptors will play the Pacers in the first round of the playoffs, which will start on the weekend.

Norman Powell scored a team-high 18 points in a team-high 38 minutes.

From the Raptors' perspective, the game was nothing more than a chance to pad their win total. Cleveland's win in Atlanta on Monday evening locked Toronto into the Eastern Conference's second seed.

THE ASSOCIATED PRESS

IN BRIEF

Ronaldo saves Real Madrid

Cristiano Ronaldo came through for Real Madrid again, scoring a hat trick to lead his team back to the semifinals of the Champions League with a 3-0 win over Wolfsburg on Tuesday.

Ronaldo netted goals in the 16th and 17th minutes and then added a decisive third with a free kick in the 77th as Madrid overturned a 2-0 loss in last week's first leg to win 3-2 on aggregate.

In England, Kevin de Bruyne sent Manchester City into the semifinals for the first time, securing a hard-fought 1-0 win over Paris Saint-Germain to build on a 2-2 draw from the first leg.

THE ASSOCIATED PRESS

Canada's Herdman prepared for 'scary' draw

Canadian coach John Herdman expects "three groups of death" to emerge from Thursday's Olympic women's soccer draw in Rio de Janeiro.

The draw, for both the men's and women's fields, is being held at the historic Maracana stadium.

"It's a scary draw, this one," said Herdman, who led the Canadian women to a memorable bronze medal four years ago in London.

Travel is one reason. But for Herdman a bigger factor is the improvement in the women's game, as shown by last summer's World Cup in Canada. THE CANADIAN PRESS

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PARCEL DESCRIPTIONS - ACRES APPROXIMATELY + or -	
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2.	2.60 Acres - 0512195;2;2 (Part of 5;1;22;6;NE above)
3.	155.70 Acres - 5;1;21;18;NE
4.	160 Acres - 5;1;21;18;NW
5.	156 Acres - 5;1;21;18;SE
6.	160 Acres - 5;1;21;17;NW
7.	160 Acres - 5;1;21;17;NE
8.	155.70 Acres - 5;1;21;7;NE
9.	128.69 Acres - 5;1;21;7;NW
10.	155.50 Acres - 5;1;21;7;SE
11.	160 Acres - 5;1;21;7;SW
12.	157.79 Acres - 5;2;21;1;SE
13.	148.82 Acres - 5;1;20;31;NE

Anyone interested in submitting an offer to purchase any or all of the lands described above should contact Lexy R. Wong as set out below to obtain an offer package which will contain additional information about the lands and the terms and conditions which the Estate may consider when reviewing the offers.

All offers shall be submitted in writing in the form provided in the offer package and delivered no later than 12:00 p.m. MST (noon) on April 18, 2016 to the following:

Lexy R. Wong, Bennett Jones LLP Calgary
4500 Bankers Hall East, 855 - 2nd Street SW, Calgary, AB, T2P 4K7
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RECIPE Orzo, Basil & Tomato salad



PHOTO: MAYA VISHNYE

Ceri Marsh & Laura Keogh
For Metro Canada

This salad packs lots of flavour due to the fresh basil and tomatoes, and it makes you think you're eating a picnic dinner in a garden. Not bad for a Wednesday.

Ready in
Prep time: 20 minutes
Cook time: 10 minutes

- Ingredients**
- 2 cups cooked orzo
 - 25 fresh basil leaves, various sizes
 - 1 shallot, cut into quarters
 - 2 cloves garlic
 - 3/4 cup olive oil
 - zest and juice of one lemon
 - 1 teaspoon honey
 - salt

- 1 tablespoon water
- 1 cup halved cherry tomatoes
- 1 cup shaved parmesan cheese
- 5 mint leaves chopped

Directions

1. Cook orzo pasta according to package directions. Set aside.

2. Place basil leaves, shallot, garlic, oil, lemon zest and juice, honey and salt in a blender (you can also use an immersion blender) with water and give it a whiz until blended.

3. Mix dressing into pasta. Stir in cherry tomatoes and parmesan. Sprinkle fresh chopped mint.

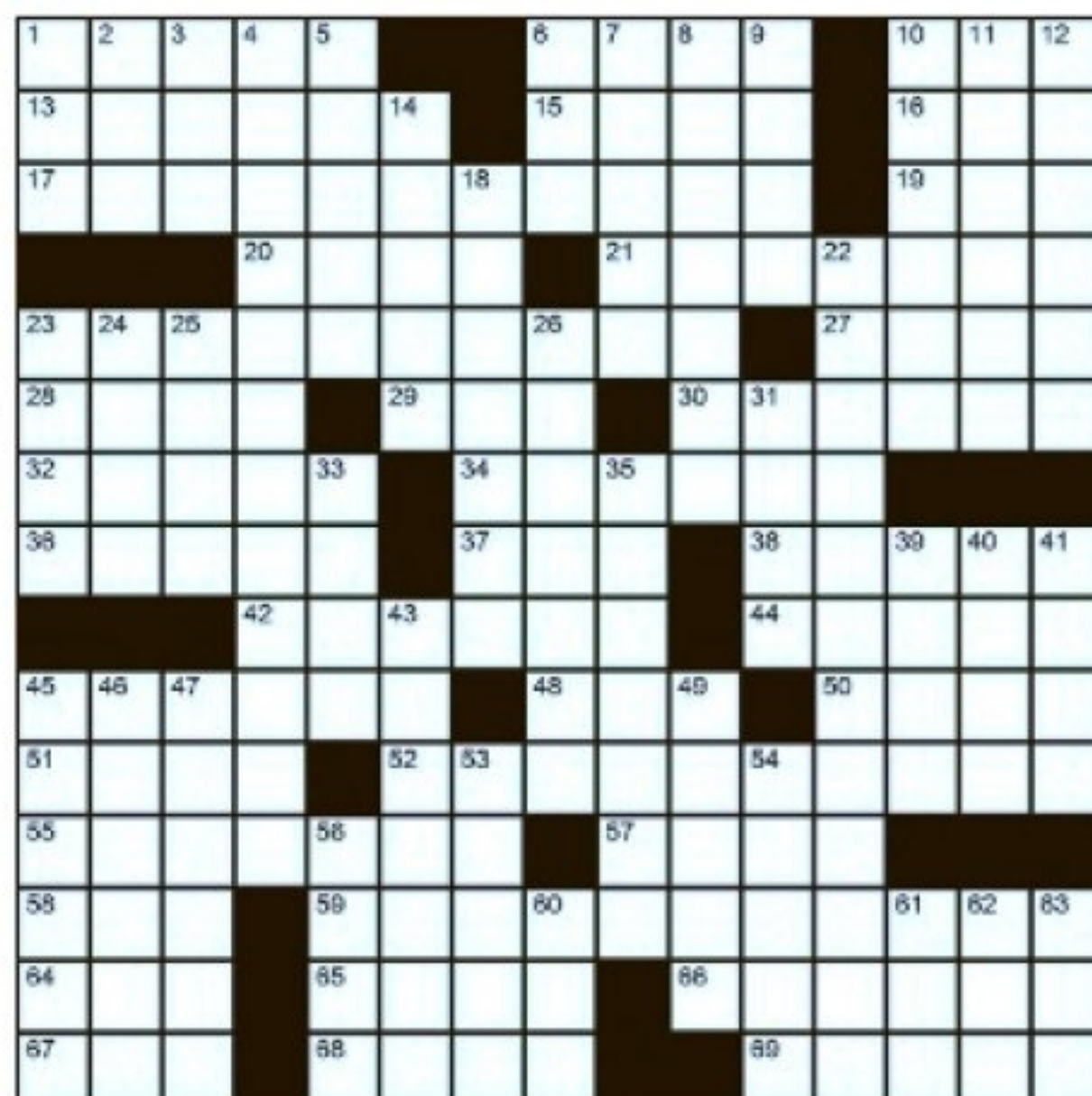
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ACROSS

1. Historic Puri-
2. tan port city
3. Customer's slip [abbr.]
4. Poet's 'atop'
5. Treasured stashes
6. 'Smack' suffix (Dollar, in slang)
7. Opposite SSW
8. Crunch those numbers again
9. 2016 Pres. candidate ...his initials-sharers
10. Neither 'for' nor 'against' [abbr.]
11. Positioned-to-catch-the-baseball shout!: 3 wds.
12. Mishmash
13. Country property expanse
14. Ms. Sands of '60s songs
15. Pre-summer time, wee-ly
16. Top-__ (Best of the best)
17. __ Park (Thomas Edison's home/lab site in New Jersey)
18. Like the 'feet' of some poets
19. "...the bombs bursting __..."
20. __ Khan Museum (Toronto attraction)
21. Mr. Wyle's
22. Detector
23. Pull at: 2 wds.
24. Remain: 2 wds.
25. Mr. Geller
26. Barn's weathery decoration
27. "Brava!"-inducing vocal
28. __ chicken (Swiss Chalet's famous



29. serving)
30. Boulevard in Winnipeg
31. The Koh-i-__ Diamond
32. __ Ken (Working dog breed)
33. Canadian team of superheroes in Marvel Comics: 2 wds.

34. Mel of baseball fame
35. Reality star Coco's rapper-turned-actor husband
36. Healthier
37. PBS funding org.
38. Sr. and Jr. actors Chaney
39. Mr. Arnaz's (Lucille's love)

40. cille's love)
41. DOWN
42. 1. Li'l narrow waterway
43. 2. The Who's "Who _ You"
44. 3. 1989: "Wild Thing" by Tone-__
45. 4. Canadian super-

46. model Linda's
47. 5. Skirmish
48. 6. Fam. member
49. 7. TV's Mr. Kilborn
50. 8. Sage or parsley, etc. ...culinary-style
51. 9. __ fine line
52. 10. Next up at bats: 2 wds.
53. 11. Full

12. Relaxed
13. Atlantic 'porgy' fishes
14. Parades
15. Stanley Park enjoyer from the area
16. Prefix to 'sphere'
17. Kitchen appliance
18. Ms. Pugliese of "Breakfast Television" in Toronto
19. Prolong: 2 wds.
20. "___ She Sweet"
21. Beaver State, briefly
22. Gill-y member of #59-Across who can swim at amazing speeds, her Earth parents are Newfoundland couple Gladys and Tom Smallwood
23. Culture medium
24. Hagar The Horrible's daughter
25. Dagger
26. Big name in electric shavers
27. Radish variety
28. Embellished
29. Elton John title song lady
30. Starts racing! 2 wds.
31. Pencil __ (Writing options)
32. Dependable
33. Flicka's flick-ee
34. Standing-human measurements [abbr.]
35. Lettered Mustang cars
36. Gospel song: "___ Believe"
37. Susan Sarandon's ex-beau ...his initials-sharers

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Power struggles might create domestic arguments today. Don't take the bait! Remind yourself how important family harmony is for you as well as for others.

Taurus April 21 - May 21
Be careful, because this is a mildly accident-prone day. People are intent on getting their own way, even if unexpected obstacles arise. Take it easy.

Gemini May 22 - June 21
Quarrels about money and possessions might take place today because someone opposes your ideas. Listen to others, and look for a win/win solution.

Cancer June 22 - July 23
Bosses and parents might catch you off-guard today, which in turn, creates an argument with a partner or close friend. Something will upset you. Nevertheless, don't let this ruin your day. Rise above it.

Leo July 24 - Aug. 23
Travel plans will be canceled, changed or delayed today. Meanwhile, avoid controversial subjects, because these could spiral into something nasty.

Virgo Aug. 24 - Sept. 23
Disputes about inheritances, shared property, taxes and debt will occur today. A female friend might oppose you, especially if it relates to your kids.

Libra Sept. 24 - Oct. 23
This is a poor day to challenge authority figures — parents, bosses, teachers and the police. Everything is a bit of a crapshoot, so keep your head down and your powder dry.

Scorpio Oct. 24 - Nov. 22
This is a mildly accident-prone day for your sign. It's also an accident-prone day at work. This means you should slow down and pay attention to everything you say and do.

Sagittarius Nov. 23 - Dec. 21
Make friends with your bank account and anything having to do with taxes, debt and shared property, because something unexpected will occur today. This is also an accident-prone day for your kids. Be alert!

Capricorn Dec. 22 - Jan. 20
Quarrels with partners and close friends might arise today, especially because of news or a surprising turn of events at home.

Aquarius Jan. 21 - Feb. 19
Be careful, because this is an accident-prone day, especially at work. Knowing this, be mindful. Don't be in a rush to do anything. Look around you.

Pisces Feb. 20 - March 20
Social plans, vacations and something to do with your finances might surprise you today. Perhaps a planned event costs more than you thought it would? (Welcome to the club.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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